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Epulario,

Or,

The Italian Banquet :

Wherein is shewed the maner how to dresse and
prepare all kind of Flesh, Fowles or Fishes.

As also how to make Sauces, Tartes, Pies, &c. After the
maner of all Countries.

With an addition of many other profitable and ne-
cessary things.

Translated out of Italian into English.



LONDON,

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bee sold at his shop in Gracious street,
neere Leaden-hall.

1598.



The Banquet, called in Italian, *Epulario*: wherein is handle dthe manner of dressing all kindes of meates, birds, and all sort of fishes.

Also shewing how to make Sauces, Pies, Tarts, &c. According to the vse of all nations.

The first booke, shewing what meat is best roasted, and what best boiled.

The flesh of Beeste is best boiled, and of Veale the byest is good sodden, the loine roasted, and the legs made in *Diuiues*. All parts of the sheepe are good boiled, only the shoulder, which is best roasted, as also the legges. *Porke* is altogether wholesome being fresh, yet *chine* is good roasted, the rest is salted as you thinke good. *Lard* is all good to be roasted or boiled as you thinke good, but the hinder quarter is better roasted, the like of *Lambe*. *Goats* flesh is good from the month of January with sauce made of *Garlike*. The side of a *Bucke* is good in *Bacon* broth. The *Loine* may be roasted, and the legs baked, the like may be done with a *pong* *Lard*. *Wild Boze* should be peppered and larded. The *Hare* is good roasted, but the hinder part is better boild. *Connies* are better roasted then any other way, and the best part of them is the hinder legs.

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To dresse Capon, Peacocke, Feasant, and
other foule.

Shoueler, Pouet, Ducke, Crane, wild Goose, Heron and
Storke, are all good and would be dressed with Carlike, on-
ions, or such like things. Peacocke, Feasant, Partridge, wild
Penne, Quailen, Tynsh, blacke Bird, and all other good
Birds are to be roasted. Pigeons are good both roasted and sob-
den, yet best roasted. King-dones and wild Pigeons are good
roasted, but better boiled with Pepper, Sage, Parsely, and
Margerum. Capon is good both boiled and roasted, and like-
wise the Penne.

How to seeth all kind of flesh that it may shew faire.

You hauing cut it in as many pices & parts as you thinke
good, then lay it to soke in faire water for the space of an hour,
which done wash it againe in fresh water, and then with hot
water, then set it ouer the fire in the Kettell or pot wherein
it may haue room enough, that it may be the whiter: then put
as much salt to it as shall be needful, and be careful to skim it:
if your salt be not cleane, put it in whot water, and let it con-
tinue therein till it bee melted, and conuerted into water or
pickle, which being settled, you may put into the pot or Ket-
tell of meat, alwaies taking care not to put in the dregs of
the pickle, because it is foule. But if your flesh be old & tough
especially Capon or Hen, then shift them out of the boyling
water, and put them into fresh water, and so they wil be faire,
and sooner boiled.

To make all kind of meat to rost faire and whire.

To make all kind of foule, Capons, Kid, or any other flesh
to rost faire and white, specially Hase, Mutton, Teale, or
Lambe. First yarbouille it, and then larde it, if it be Capon, sei-
sant,

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sant, or any other foule: first wash it cleane, that done, dip
it in hote water, but take it presently out againe and lay it in
cold water, and it will be the fairer and rost better: then lard
it and sticke it with cloues or other things as you thinke good,
or as he that oweth it doth most fancy it: if you will you may
stusse them with sweet hearbes, dry pines, soure grapes,
cherries, and such like things, and so spit it, and first make a
soft fire that it may rost sokingly & not bee scorched or burnt,
and when you thinke it almost roasted, grate white bread, and
cast salt into it, where with you shall crumme it, then make a
hot fire, and turne it round, so it will be faire and white, which
done, send it presently to the table.

To make a good deuised meat, or sauce.

To make good deuised meat of Goat, Hare, wild Boare,
or any other wild beast. Take of claret wine and water, of
each a like quantity, and wash the flesh in them, then straine
that water and wine through a cloth, putting thereto as much
salt as is requisite, which done, boile the flesh therein, & when
it is boiled, take it out: and if you desire to make two dishes of
it, take a pound and a halfe of Currans, and bruse them well
with as much bread, which you shall cut in pices, tost, grate,
and bring in crums, soke in good vinegar, which done, beat
the Currans and the bread together: and if you can get of
the blood or entrailes of the wild beast, it will be very good
to mire with them, which being well beaten together, it
must bee tempered with bassard wine, that is wine sob with
new wine, called Must, and with the vinegar tober with the
bread was soaked, let it passe through a strainer into a pipkin,
wherein you shall put cloues and Sinnamon, as much as you
thinke good, and as it is necessary, and make it strong or swart
of vinegar & spice, according to the manner, or as y owner will
haue it. When let it boile halfe an houre vpon a chafingdish,
with a soft fire, on the one side then vpon the other turning it
often with a spoone: then fry the flesh with good lard and cut

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it in pices, and lay it in dishes, and couer it with this beuised meat, and the blacker it sheweth, the satter it is.

To make broth of the flesh of wild beasts,

First wash the flesh well with good white wine mingled with as much water, and straine the washing, and seeth the flesh therein, putting to it a good quantity of lard cut in square pices as great as dice: which done, put thereto a good quantity of sage, being pulled in three or foure pices with your hands, and when it is almost ready, put spice into it, as I said before. And to make the broth somewhat thicke, take two or three yolkes of egges, according to the quantity thereof, and as much bread well tosted at the fire, but not overmuch, only to drie it, which you shall make into small crummes, then take a litle of the broth, and straine the bread and egges into the pot of broth: and if thou canst get some of the blood of the entrailles of the beast, you shall beat it well and seeth it with the same broth, & it will be the better. But if thou wilt make any dishes of this broth, the flesh is to be cut in pices of halfe a pound or of a pound: and if you will make pottage, it must be cut very small: you must also remember that the flesh wherof this meat is made of, or else broth, must be boiled in the water wherein it was washed, because you may not loose that blood which commeth out of it in the washing.

To make sauce for Veneson.

To make sauce for veneson, first boile the flesh in a quantity of water mingled with as much vinegar, & when it is boyled take thy flesh out of the broth, that it may shrinke and drye: and being dried, frye it in good lard: and if you desire to make two dishes thereof, take a pound of Almonds unpilled, and beat them together with the meat, then take a pound of bread cut in pices, and tost it at the fire, but not much. Which done, lay it to steepe in a litle red wine, and being steeped

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steeped, beat it together with the foresaid things, then temper it with the broth of the said flesh, and straine it into a pipkin, and set it on a soft fire, to boile for the space of halfe an houre. Then put therein some pepper and Sinamon, that it may haue the ordinary tast, or that it may be strong or sweet as the maister of the house will haue it. Then take an onion and seeth it with lard cut in small pices, and when the onion is sodden, stampe it and mire it with the lard where with it was sodden, and put them into the pipkin with the other things aforesaid, and let them boile together, then dish the meat and lay this sauce vpon it, and send it to the table.

To make small pasties of Veneson or Goats flesh.

To make pasties of Veneson or Goats flesh, first cut the flesh into diuers pices as big as your fist, then par-boile them in water, vinegar, and salt, as much as is requisite, then take it forth and drye it, which done, lard it, first rousing the pices of cut lard, & this flesh in pepper and Sinamon with some salt all beaten together, then take cloues and sticke them on all sides of thy pices of meat, then take good flour and make the crust thicker then a pancake, and of euery pece of flesh you shall make a small patty, then bake them sokingly and well, and these pasties may bee kept sixteene daies or a month.

To make pies of Veale, Capon, or any other flesh.

To make Pies of Veale, Capon, Birds, or any other flesh. Take as much of the leanest part thereof as you thinke good, and mince it small, then take the suet or fat of a Calfe, and mire it with the meat, and spice it according vnto the common manner, that done, make your paste as you did for the pasties, and bake them in an oven. And when they are

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baked, take the yolks of two Egges, Vergiulice, a little Saffron, and mire them with butter and water, which poure into the Pies. And if you cannot make the crust, then boile the meat so dyest as aforesaid in a pan like a Whitepot, in such Pies you may put one or two Hennes, Capons, Pigeons, or any other soules either whole or minced.

To make a Pie in a possenet or pipkin.

To make a Pie in a pipkin, first take the flesh and good Beefe suet, and mince it small, and put it in a pipkin, and if you wil, you may put therein Capon, Henne, or Pigeon, then set it on the coales, and when it beginneth to boile, skim it. Then take a few small Reasons and an Onion, and mince them small, and fry them with good suet, and put them suet and all into the pipkin, and when it is ready, put spice and vergiulice into it. And if thou thinke good put therein likewise yolkes of two or thre egges beaten, which done, you may dish it and send it to the table.

To make Pies of the Combes of Cokes and Hennes, with their stones, and liuers.

Cut ech combe in thre pices, and the liuers in foure, but leaue the Stones whole, then take a little larde, and cut it small, but beat it not, and take thre or foure egges with beefe suet well beaten, and it will be better with the marrow of an ore. Then take thirty or forty cherries although they be dry, Cinamon, Ginger, and a good quantity of Sugar, and some cloues, mingle them together, and thereof make a Pie, which done, bake it in an oven or a frying pan, and being halfe baked, take the yolk of an Egge, Saffron, and Vergiulice, and beat them together, and put them into the Pie. And so let it bake, then send it to the table.

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To make fish Pies.

Take the fish and wash it cleane, and cut it with slashes on both sides, then take Pepper and salt and cast it into the cuts, and also into the belly of the fish, then make the past somewhat thicke, and putting the fish into it, sow vp the belly thereof, which done, let it bake sokingly in the oven till it be thoroughly baked.

To make Pies that the Birds may be aliue in them, and sie out when it is cut vp.

Make the coffin of a great Pie or pasty, in the bottome whereof make a hole as big as your fist, or bigger if you will, let the sides of the coffin bee somewhat higher then ordinary Pies, which done, put it full of flower and bake it, and being baked, open the hole in the bottome, and take out the flower. Then having a Pie of the bignesse of the hole in the bottome of the coffin aforesaid, you shal put it into the coffin, withall put into the said coffin round about the aforesaid Pie as many small liue birds as the empty coffin will hold, besides the Pie aforesaid. And this is to be done at such time as you send the Pie to the table, and set before the guests: where in couering or cutting vp the lid of the great Pie, all the Birds will sie out, which is to delight and pleasure them to the company. And because they shall not bee altogether mocked, you shall cut open the small Pie, and in this sort you may make many others, the like you may do with a Tart.

To make the crust of Pie or Tart of Pigeons, Pullets, or Kid.

To make the crust of Pigeons, Pullets, or Kid flesh. first boile your meat a little till it be almost inough, then cut it into small peeces, and fry it in good suet. Then in a pan make

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a crust of thicke past like a Pie crust, and put the meat in it, covering it with drye Pulmes or Cherries, then take Ver-gice with a little whote water and butter, and tenne Egges with parsely and Spargerun, and beat them altogether with a knife, and then put them in an earthen pot, and set it upon a fire of coales, stirring it alwaies with a spoone. Then poure this broth upon the crust, and set it on the fire, as if it were a Tart, and when you thinke it to be baked, send it to the Table, and make the crust sweet or sharpe as your maister sauctierh.

To make a double fried meat of any flesh, Pigeons or Pullers.

First take thy meat and make it very cleane, then cut it in quarters or in small peeces, and put it into a pan and frye it with sweet suet, stirring it with a spoone, and when it is almost boiled, take out the greatest part of the suet, then take Vergice, thye or foure yolkes of egges, a little broth, and good spice, and put them into the meat, and let it boile untill it be almost ready. Then take a little parsely shred or beaten small and put it in a platter, and send it to the Table, sweet or sharpe according to your maisters desire.

To make Miras of Spaine.

First take Pigeons, Bullets, or Capons, and dresse them as if they were to be roasted, and so spit them, and when they are halfe roasted, take them off the spit, cut them in peeces, which done, put the into an earthen pot. Then take almonds scorch'd on whote embers, and wipe them cleane, & without moze wiping of them stampe them in a morter: then take tosted bread with thye or foure yolkes of egges, and stampe them with the almonds, and temper them with a little vineger and broth strained through a cloth, and the put them into the pipkin with the meat, and set them on the coales with good

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Roze of spice, especially Cinamon and Saffron, and beate enough, and let it boile for the space of an houre, stirring it with a spoone, and when it is boyled, send it to the table in a gilt dish or platter, or els in portage which is most convenient.

To dresse a Peacoeke with all his feathers.

To dresse a Peacoeke with all his feathers, in such sort that when it is enough it shall seme to bee alive, and cast fire out of the mouth. You must kill the Peacoeke with a feather or quill stuck into her head, or els make her bleed under the throat like a bird, then cleane the skin under the breast, that is from the neck unto the taile, and flea it off, and being fleaed turne the skin of the necke outward nere to his head, and cut the necke, so that his head be fast to the skin, and likewise let his legges hang to the skin, then stuffe it full of some dainty padding, with spices, and take whole cloves, and stick them in his breast, and so spit him and roast him by a soft fire, and about his necke wrap a wet cloth, that the fire may not dyle it out, which, still wetting the cloth: and when it is roasted, take it off the spit, and put it into the skinne, then you must have a certain pyss cunningly made fast to a trencher, which shall goe through the Peacocks feet and not bee seene, that so the Peacoeke may stand upon his feet, with his head upright, as though hee were alive, and dresse his taile in such manner, that it may be round. If you will have the Peacoeke cast fire at the mouth, take an ounce of Camphora wrapped about with Cotton, and put it in the Peacocks bill with a little Aquamity, or very strong wine, and when you will send it to the table, set fire to the Cotton, and hee will cast fire a good while after. And to make the greater shew, when the Peacoeke is roasted, you may fill it with lease gold, and put the skin upon the said gold, which may be spiced very sweet. The like may be done with a peasant, or any other birds.

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To roast a Kid with Garlike.

Take the Kid and larde it with Garlike very well, and stuffe it full of coynes of Garlike well pilled, then take Veruice, the yolkes of two Egges, and two coynes of Garlike well beaten in a Morter, with a little Pepper, and some fat broth, mixe them all together, and set it under the Kid while it roseth, and baste it therewith, and when it is roasted, put it in a dish with that sauce: the Kid would bee well roasted, and eaten whole.

To roast a Kid otherwise without Garlike.

Take the Kid and larde it well, then take the Liver and Lights and beat them well together with suet, that done, take seven or eight Egges sodden, and beat them with Parsely, Mint, and a little Sage, and mingle them together, putting thereto Pepper, Saffron, and a few clowes, where with you shall stuffe the Kid, and so lay it to the fire, and let it roast sokingly, basting it oft with the foresaid sauce, without garlike.

To roast a Pig.

First let him be scalded white and cleane, then cut him in the belly and take out the guts and entrails, and wash it cleane, then shred Garlike very small with larde, grated Cheese, Egges, Pepper, and a little Saffron, mixe them together and put them into the Pig, then sew it up and spit it, but let him roast sokingly, & let him be well roasted both outwardly and inwardly, then make a little liquor with vinegar, Saffron, and two branches of Rosemary or Sage, and baste the Pig therewith. The like may be done with Gase, Duckes, Crane, Capon, Pullet, and other Birds.

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To roast a Pullet.

When thou hast roasted him well, take the juice of an Orange, or else Uergerice, with Rosewater, Sugar, and Sinnamon, and lay the Pullet in a dish with this sauce, and send it to the Table.

To roast small birds.

Take the Birds and wash them well, not taking out the guts, then take Vine leaves, and put them in Salt, Fennell, and a little lard, and lay the Birds with that mixture in those vine leaves, and set them to roast (halfe an houre or lesse, for they are sooner roasted) under whose embers. If you will roast them on a spit, tie them four and four by the legges and the backes together, that the breasts may not be bruised.

To roast Thrushes and make sauce for them.

Roast the Thrushes as the manner is, then take fair white Almonds well beaten in a mortar, thereto put Saunders, that the sauce may bee red, temper them with a little Veruice, and some broth, with good store of Ginger and Sinnamon, then straine it into a pipkin, and let it boile about a quarter of an houre, and when it is boiled and put in a dish with the Thrushes. You may make another kind of sauce with iuce of Oranges and Lemmons, Salt, and other sweet Spices.

To roast Partridges after the Castilian manner.

Take the Partridges and roast them, and when they are roasted, take them from the spit, and cut off the winges, and all the meat of the breast, and body of the Partridge, which pieces

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lay in salt with a little sweet spice & Cloves mixed together with y^e iuice of Oranges, Lemones, & Bergiee. Which must bee done when the Partridges are whote.

To make Oliues of Veale or other flesh.

To make Oliues of Meale or any other flesh that is lean, take the legge and cut it in long thin pices, and beate it well vpon a table with the flat side of a knife, then take Salt, Fennell, and Cozander seeds, and lay them vpon the sides of pices of flesh, then take Parsely, Sargerum and lard, and bruse them together with some spice, and draw it vpon the pices of flesh, then roule them up together and presse them to the space of an houre, which done, spit them and roast them, not suffering them to dye ouer much.

To make Collopes of Veale.

Take the leane of a legge of Meale, and cut it in small pices, and beat it with the flat side of the knife, then take Salt, and Fennell, or Cozander seeds, and draw it on the meat, and if time will serue, presse it to the space of halfe an houre, then broile them vpon a grebe, turning it often, basting it with Butter or sweet Suet to keepe it moist: you must not broile them dry.

To make Liuerings of Veale or any other young flesh.

Take the leane of the legge, and mince it with a little lard and the fat of Meale like Pie meat, then take Parsely and Sargerum minced small together with the poike of an egge, and a little grated cheese, according to the quantity you will make, with Spice and Saffron, & mingle all these things together with the flesh, then take the Bell of a Hog, & shape,

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or other beast, so it be good, and bind these things in the sack, making every pece as big as an egge, then roast them on the spit with a soft fire, and not ouer much.

To make a new dish called Tomiscella.

Take the Liuer of a Hogge or other beast, and boile them a little, then grate them as you doe cheese, and take the panch of a Hogge according to the quantity of the Liuer, and beat it well, then take a little new fatty cheese, Sargerum, Parsely, Currans, Spice, and Egges, and beat all these together with the Liuers, then make them in round be^ll of the bignesse of a Walnut or an Egge, and broil or roast them in a pece of the Hogs ma^ll or panch, the fry them in a tryng pan with sweet butter or suet, but not too dry.

To make Puddings of Hogges or Calues flesh.

Take leane flesh without sinnewes of the leg, and Hogs suet, with the fat of Meale, and mince them as small as you can, then take old Cheese, and a little new Cheese, Spice, Egges, and Salt as much as is requisite, mingle them well together with some Saffron, then take Hogs guts as many as you will, and make them very cleane, that there be no fat nor filth in them, and fill them with this mixture, which done, tie them vp and make them long or short as you thinke good, they are v^eled to bee sodden, but they will not last good aboue two daies. Yet as time and necessity requireth, they may be kept s^euene daies or more, if they be wel v^eled.

To make good Sausseges.

To make good Sausseges of Pork or other flesh, take both of the leane and fat together without sinnewes, and mince it very small, if you haue ten pound of flesh, put thereto a pound

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of Salt, two ounces of Fennell seed, and two ounces of Pepper grosse beaten, and mingle the together, and so let it stand the space of one day, the take guts well washed & made clean, and fill them with the meat, then dry them in the smoke.

To dresse a Calves or Oxe head.

Take the head and scald it with whole water like a Pig, and make it very cleane, then seeth it, and for sauce take garlike, and if you will rost it, you must bake it in an oven like a Pigge.

To fry a Calves or Hogs braine.

Take the braines and wash them very well, then cast out the water, and beate the braines well, then take Eggs, Pepper beaten, and a little Salt, and mire them with the braine, and so fry it with a little Suet or Butter: and when it beginneth to conieale together, put it into a dish, and cast spice upon it: and this would be eaten presently.

To make a Pudding in a Calves maw.

Take the maw and make a hole in the side thereof, and fill it with a mixture made of old Cheese, Eggs, a little Saffron, Currans, Parsely, Parslerum, and Spint, well beaten and mingled together, and bring in the maw slow it by, and seeth it very well.

To know if a Gammon of Bacon be good.

If you will know when a Gammon is good, thrust a knife in the midst of it, and if the knife being pulled out smelleth, it is good: if to the contrary, it is not good. And if you will have it to keep long, take White wine or Vineger, and as much water, but better without water, and therein boile the gammon of Bacon till it be halfe sod, then take it off the fire, and let it

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soke in the liquor till it be cold, then take it out, and in this manner it will be good, and continue long.

To seeth Tongues.

They would not be overfat, but red, and sod like the Gammon of bacon, but the tongue, the fatter it is the better it will be, and should be better sod then the Gammon of Bacon, and all salt meat would be boiled in this sort.

To make a broth for a boiled Pullet.

To make broth of Grapes for a boiled Pullet, the Pullet would be boiled with a little salt flesh, and when it is halfe boiled, take soure grapes and cut them in the midst, and take the kernels out of them, and boile them, and when they are boiled, take Parsely, Spint, Pepper & Saffron, beaten & mingled together, and put them in the dish with the Pullet and the broth and send it to the table.

To make a new dish after the manner of Rome.

Cut your meat in pieces as big as an egge, then take a little salt, and fennell, or Coriander seed, which you shall draw upon the said pieces of meat, which done, presse them a little and put them on a spit to rost, and betwixt every piece put a thimble piece of larde to keepe the meat moist.

To rost or seeth a Pigeon without bones.

Dresse your Pigeons well, and make them very cleane, then let them lie in strong Vineger for the space of foure and twenty houres, which done, wash them very well, and rost or boile them as you thinke good, and stuffe them full of spice and other things, and by this means you shall find them without bones.



The second Booke:

Teaching to make all kind of meats, and first to make
a white meat of the flesh of Capons or
Kids, of twelue sorts.



Take two poundes of almonds, and blanch them
very white, and that they may be the whiter,
let them stand a day and a night in fresh wa-
ter, then stampe them very well, and when
they are stamped, put a little water to them,
that they be not drie, then take the flesh of the
breast of a Capon and stampe it with the Almonds, and take
crummes of a white loafe, and soke it in the Capon broth,
and beat it with the aforesaid things, then take a little Cer-
uise, halfe an ounce of Ginger, and halfe a pound of Sugar,
and temper them altogether with the Capon broth, strain
it through a cloth into a pipkin, and set it on the embers, far
from the fire, still stirring it with a sponne, and let it boile for
the space of halfe an hour, and when it is boyled put to it three
ounce of Rosewater, then make your messes, or couer the
flesh of the Capon or other bird therewith, and send it to the
table: and for the better grace of them, when you send it to the
table, draw it full of the kernels of a Pomegranet. And if you
will haue this meat of two colours, take the yolke of an egge
and a little Sugar, and mingle them together with a part
of the meat, and make it somewhat sharper of Ceruise, then
the rest of the meat that is least white, and in that sort it is
called brome flowers: and if you haue two Capons couer the
one with the white, and the other with yellow.

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To make twelue kinds of white meat after the
Catalonian manner.

Take a pot full of Goats milke, and eight ounce of flower
of fine Rice, and boile it in the milke, then take the flesh of
the breast of a Capon newly killed, and let him be halfe boyled,
then pull it in small peeces as big as threds, and put it into a
morter to beat, but giue it but two stampes, and when the
milke hath boyled halfe an hour, put the said Capons flesh in-
to it with a pound of Sugar, and let them boile for the space
of halfe an houre or there abouts, and stirre it well as long
as it standeth on the fire: and to know when this is boyled,
take out thy sponne and it will seme strey, then put more wa-
ter into it as aforesaid, and dish it, drawing Sugar upon the,
and so send them to the table.

To make white meats after the manner
of Catalonia.

Take a pound and a halfe of Almonds well blanchd and
stamped, which being tempered with the broth of a Pullet
and strained, set them to boile in an earthen pipkin, then
put into it two ounce of Rice flour first tempered with the
Almond milke, which you shall boile for the space of halfe an
houre, stirring it with a sponne, then put to it a pound and a
halfe of Sugar, and a little of the flesh of a Capons breast wel
beaten, which Capons flesh should be sodden with the almond
milke as soon as it is set set upon the fire, and when this com-
position is well sodden, you shall adde thereto a little rosewa-
ter, then dish it, and drawing a little fine sugar upon it, send it
to the Table.

To seeth Rice in flesh or Capons broth.

To make ten dishes of brothes, take a pound of Almonds
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well blanched, and a pound of rice, which you shal wash & soile
o; thysse in warm water, then set it on the fire in boiling wa-
ter and let it seeth, and being boyled, let it stand in the water
that it may swell, then stampe the Almonds, wetting them
with fresh water, because they shall not bee oily, tempering
them with Capons o; other broth, then straine them, & set the
milke to seeth in an earthen pipkin, putting therto a pound of
Sugar, and when they begin to boile put the Rice into them,
and set them in a pipkin vpon the coales, not to neer the fire,
stirring it with a spone that it smell not of the smoke. In like
manner you may seeth Rice in Goats milke o; in other milke:
and note that such kinde of brothes doe easily smell of the
smoke: Which if it happen, the remedy, first to take the broth
out of the pipkin, but loke you touch not the bottome there-
of, and put it in another clean pipkin, then take a peece of lin-
nen cloth folded in thre o; foure folds, and wet it in fresh wa-
ter, then wring out the water and lay the said peece of linnen
so doubled vpon the pipkin of broth, and let it stand so for a
quarter of an houre, then wet the cloth againe, and put it on
if need be, and by this meanes the sauour of the smoke wil be
taken away: A neuer found a better way then this to take it
away, and it is very good.

To make broth of leane flesh.

Take the leane flesh of a Calf sodden in water and salt,
beat it well and let it boile in fat broth, putting vnto it crums
of Whitebread, and a little Pepper and Saffron, and let it
boile halfe an houre, then let it cole a little, that done, take
Egges, grated Cheese, Parsely, Pargerum, Mints, well
stamped together with a little Veriuaice, then beat them all
together with the foresaid flesh, and stirre them with a spone:
this kind of broth would bee thicke, and in this manner you
make liverings.

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To make a kind meat of guts.

The Guts would be well washed and made very cleane,
and then sodden with a bone of Bacon, to giue them a good
tast, and without salt because they may be the whiter, when
they are boyled cut them into final peeces, and mire the with
Parsely, Mint, Sage, salt and Pepper, then againe giue them
a boyling and so dish them, and straw the with a little Cheese
o; spice which you thinke good.

To make meat of wheat sodden with broth of flesh, Capon, Hare, or Pigeon.

First take a pound and a halfe of Wheat & wash it cleane,
then seeth it in broth of Capon, fat Bullet, o; other good flesh,
and let it boile wel, stirring it with a spone, and when it is
sodden put to it Pepper and poikes of Egges, and mingle
them together, you must make it yellow with Saffron.

To make meat of Turneps.

Take the Turneps cleane and cut them in peeces, then
seeth them in fat flesh broth, that done, stampe them and straine
them, and so let them seeth againe in fat broth, with a little
Cheese o; Bacon, with Pepper and Saffron.

To make broth of a Gourd.

Take them cleane as they ought to be, then seeth them in
flesh broth, o; else with water alone, adding thereto certaine
Onions as you thinke good, and when it is boyled take it out,
then either bruse it small o; stampe it, and straine it through
a Cullander, and then againe set it to seeth in a pipkin with
fat broth, and a little Veriuaice, and let them bee somewhat
yellow with Saffron, and when they are soe take them off
the

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the fire, and set them to coole; then take yolkes of Egges according to the quantity, and beat them with a little old cheese, and put them to the said meat, stirring it with a spoone least it smell of the smoke, then dish it and cast spice vpon it.

To make yellow broth.

Take a pound and a half of Almonds vnblanched, & stamp them well, then take the flesh of the breast of a Capon, or other birds roasted or sodden whether you will, with the yolke of Egges, beat them all with the said Almonds, adding vnto them a pound of Sugar, Sinamon, Ginger, and a little Saffron, and temper them with the broth of a Pullet, or other fat broth, and a little Meriuiue, and straine them and set them to boile on the coales with a soft fire, that they smell not of the smoke, and stirre it with a spoone, and let it boile for the space of halfe an houre, and when it is halfe boyled, put into it three or foure ounces of good sweet Butter, and so serue it, with casting spice vpon it.

To make a kind of Leach.

Take the yolkes of foure egges, halfe an ounce of Sinamon, foure ounces of Sugar, two ounces of Rosewater, and foure ounces of the iuice of Drenges, beate all these thinges together, and boile them and make it somewhat yelow, this is common in summer time.

To make a kind of made meat in flesh time.

Take a pound of old cheese, and a little new cheese, and a pound of the belly or panch of a fat Hog, or a Cowes Udder sod, then take good hearbes well beaten, Pepper, Cloues, and Ginger, adding thereto the flesh of the breast of a Capon wel beaten, and all these thinges being well tempered and mixed together, then make good past, and lap all this in the past, and make

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make them no bigger then halfe a Chestnut, then fry them in Capons grease or other fat broth, and make the pelloso with Saffron, let them not boile aboue the space of three Water naskers, then dish them, and straw them ouer with grated Cheese, mixed with other spices. The like may bee made of Feilants, Partridges, and other fowle.

To make a past or meat of floure.

Temper thy past as aforesaid, and break it into diuers peeces, then set it to dry in the sun, & it will continue two or three yeare: when you will seth it, it must be sodden in fleshy broth or broth of a fat Hen for the space of an houre. But if it be not fleshy time, seth them in almonds milke or Goats milke with Sugar, and because this milke will not boile as much as this past requircth, boile them first in clean water as Rice is boyled: your past also should be baked. These past meates would likewise be yelow with Saffron, except when they are boyled in milke.

To make meat of young Beanes with flesh or otherwise.

Take Beanes and blanch them with hot water like almonds, then set them to boile, and when they are boyled, put to them a little Parsley, and Spints well beaten, and seth them with salt Beefe or Bacon, let it be somewhat green and it is the better. The like may be done with pease and other fruits when they are greene.

To fry pease with Bacon.

Take the Pease cob and all as they are & boyle them, and take a little Bacon larded with fat, and cut it into Collopes, then fry it a little with the aforesaid pease, adding thereto a little Meriuiue, Sugar, or sirope of Pulberies, and a little Sinamon,

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Sinamon. In this soyt also are white pease fried.

To make meat of Melts with broth of Pullers
or other flesh.

Set the melt with fleshy broth, let it boile softly, stirring it, and let it not smell of the smoke, and make it yellow with saffron, but it would first be well washed with whote water like Rife.

To make a certaine kind of meat of Capers
with flesh.

Take a pound and a halfe of Caper, and boile them untill they begin to open, then take a pound and a halfe of blanched Almonds well beaten, and put them to the said Capers, beat them well againe with the crums of a white loafe, and temper them with the broth of some good meat, then straine it and set it to boile vpon a soft fire, stirring it with a spoon, then put into it a pound of Sugar, halfe an ounce of Ginger, Saffron, and Rosewater with good spice.

To make meat of floure, and how it is sodden
or dressed.

The floure is to bee boiled in good Capon broth or other fleshy, and it must bee put into the broth by little and by little, stirring it alwaies with a spoone, and boile it the space of half an houre vpon the coales with a soft fire, that it smell not of the smoke, then dish it and cast chase and spice vpon it. In Lent boile it in Almond milke, Sugar, and Rosewater.

To make meat of grated bread.

Boile the grated bread in good broth, then take grated chase and beat it with Egges, and the bread being boiled, let
it

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it cole, then put the said Egges and chase in the bread, and mingle it well together, and make it yellow with saffron.

To make a meat of yong Roses.

Boile them in broth, and when they are almost sodden, put to them a little Parsely and Mint small shred, and if the broth be ouerthinne, straine it with a few crummes of bread, and when it is sodden put spice vpon it.

To make meat of Parsely.

Take Parsely rootes, and pull out the string or pith which is within them, and make them very cleane, and boile them very well in fleshy broth with Pepper and saffron, this may likewise be done with oile.

To make meat of Fennell.

The Fennell is sod like Coleworts, but it would bee cut smaller and thopter, with a little Pepper, Bacon, or oile.

To make meat of Quinces.

Set the Quinces in broth of leane fleshy, then stampe them and temper them with Almond milke, made with broth of Wallets or fleshy, and if time serue straine them, and put them into a pipkin with sugar, ginger, sinamon, and a little saffron, set them to boile on a soft fire, because it should not smell of the smoke, and stirre them with a spoone. And it shall be the better if you put a little fresh butter into it, and when they are boiled cast spice vpon them.

To make broth of Bettonie.

Take a few Bettonie leaues, and a little burrage, and put
D liij them

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them to boile in cleane seething water, then take them out and beat them with your kniffe, then take a little Parsely and Spint, and beat them with the said herbes, then stamp them all in a morter, and put them in a pipkin of fat broth, and let them boile, and if you will you may put a little Pepper to it, this may also be sodden in oile.

To seeth Gourdes after the Catalonian fashion.

Take the suite of the Gourd and make it very cleane, then put it into a pipkin with good lard or oyle, and set the pipkin on the coales vpon a soft fire, and make it to boile, stirring it with a spone: it should seeth for the space of foure houres, then take fat broth coloured with saffron, & put into the Gourdes, adding thereto sugar, spice, and a little Veriuce according to the tast. You may also put to it a few yolkes of egges beate together with a little old chéese.

To make a Cullesse of Capon, Feasant, Partridge, Kid, or wild Pigeon.

Take of these Birds and make them very cleane, and if you would seeth a Capon til it consume, and make two dishes thereof, take a pipkin that holdeth foure pints of water, and breaking all the capons bones, put it therein and set it on the fire, and withall seeth a peece of leane Bacon with thirtie or forty grains of brused Pepper, a little cinnamon grate beaten, a few cloues, three, five or six sage leaves broken in three peeces, and some bayleaves, let it boile in a pipkin, untill it consume to the quantity of two or three dishes of broth, and lesse if you will haue it good, but put no salt into it, and if it bee for a sicke man, you must put no Bacon to, onely a little Spice, and this is good both for the sicke and whole.

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To make tenne dishes of broth.

Take twenty yolkes of Egges, good veriuice, flesh broth, or Capon broth which is better, a little Saffron, and some Spice, mingle them together and straine them, then put the into a pipkin, and set it on a soft fire, stirring it with a spone, and when you see it thicke to the spone, take it from the fire, and forget not to stirre it, then dish it, and straw it with spice. It should be sweet with sugar, or sharpe with veriuice, as you thinke good.

To make white broth.

Take a pound of Almonds blanch them and stampe them in a morter, wherein you shall put a little faire water, that they be not oyle, then take the white of twenty Egges, a few crummes of white bread, a little Veriuice, some broth of flesh or of a Capon, with a little white Ginger, & beate them altogether, and straine them with the Almonds, then seeth it well as I said in the other broth.

To make greene broth.

Take all the things set downe in the first broth, Saffron excepted and adde to them Bettonie, Parsely, and green corn if it be to be had, beat all this together, and straine them and then seeth them as aforesaid.

To make a deuised broth.

Take twelue Eggs, and a pound of good chéese wel grated, and mingle them together then take a pipkin full of broth of leane meat, coloured with saffron, and set it on the fire, and when it beginneth to boile, put these things into it, and stirre it with a spoone, and when it beginneth to bee thicke take it from the fire, and put spice vpon it.

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To make white pottage.

Take Almonds stamped in a mortar, and straine them with broth, then take grated white bread, and the white of Egges, and put it into a pipkin, stirring it often, and then dress it as I said before.

To make Greene mear.

Do as I said before, Saffron excepted, adding that which is aforesaid of the Greene broth.

To make Greene, yellow, or other coloured mear in little peeces or morsels.

To make meat in small peeces or morsels, of green or yellow, make them as aforesaid according to the colour you will have, but somewhat harder, then take a little spoon, and with it make the meat into morsels as big as a Beane, and when the broth beginneth to seeth, put one by one into the broth, and being dished, straw spice or sugar on the which you will.

To make a devised mear after the Romane manner.

Take white flour, and make paste of it somewhat thicker then a pancake, and roule it about a staffe, then take out the staffe, then cut the past in peeces of the length of thy little finger, whereby they will bee hollow like a pudding and round or close, then seeth them in fat broth or in water as time serveth, but the broth or water must boile when you put them in. And if you seeth them in water put a little sweet Butter and salt in it, and when they are sod, dish them with Cheese, Butter, and spices.

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The same another way.

Make the past as before, and seeth them with the broth or water aforesaid, but make the paste somewhat thicker and cut it small, and then they are called Trite, you may cut them also into greater peeces, and seeth them in the same manner.

To make golden fops.

Cut slices of white bread without crust, and make them square, and tost them a little before the fire, then take Egges very well beaten with a sponge and a little Rose-water, and then put the said slices to soke therein, then take them out and fry them in a fryingpan with a little Butter, turning them very oft for feare of burning, then put them in a dish, and cast a little rosewater on them coloured yellow with saffron and sugar, and so send them to the Table.

To make a fried meat of Turneps.

Tost the Turneps in the embers, or else seeth them whole, then cut or slice them in peeces as thicke as halfe the hant of a knife, which done, take cheese and cut it in the same form and quantity, but somewhat thinner, then take Sugar, Pepper, and other spices mingled together, and put them in a pan under the peeces of cheese, as if you would make a crust under the cheese, and on the top of them likewise, and cur it you shall lay the peeces of Turneps, covering them over with the spices aforesaid, and plenty of good Butter, and so you shall doe with the said cheese and Turneps till the pan be full, letting them fry the space of a quarter of an houre, or more, like a Tart, and this would be one of your last dishes.

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The



The third Booke:

*Shewing how to dresse fish, hearbs, and many other
things in Lent time.*

To make tenne messe of white meat in Lent.



Take a pound and a halfe of blanchèd Almonds
and stampe them, and the crums of a white
loafe steeped in broth of white pease. If you
haue no pease broth, you may seeth y^e bread in
water for the space of halfe an houre, making
it soft, the take some good sea fish or Pike (ta-
ken out of the riuer) sodden, then take halfe a pound of the
white meat of the fish, and stampe it with the Almonds, sod-
den bread, a litle broth, and the iuice of Oranges, if you haue
no Oranges take Veriuiue, with some Rosewater, and half
a pound of cleane white Ginger, and halfe a pound of sugar,
all these tempered together and strained, you shall set them
to seeth in a pipkin with a soft fire for the space of half a quar-
ter of an houre, and let it not smell of the smoke, but stirre it
often.

To seeth Rice pottage in Lent.

Take a pound of blanchèd Almonds, and a pound of rice
washed twise or thriue in lukewarme water, and set them
on the fire in cleare water, make it seeth as is aforesaid in the
second chapter of meat made of Rice, but you shal not seeth
it with flesh broth.

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To make eight messes of Almond broth.

Take two pound of blanchèd Almonds, and stampe them
well and temper them with cold water, because they shal not
be oily, put to them the crummes of a white loafe, then strain
them and set them to boile in a pipkin vpon the coales, and
let it boile for halfe a quarter of an houre, putting into them
a pound of fine sugar. This Almond broth would bee some-
what liquid by adding a litle Rosewater to it, and it will bee
so much the better, and so send it to the Table.

To make broth of Hemp-seed.

You shal followe the order aforesaid, only that you shal not
use flesh broth, but fish or pease broth.

To make broth of pease.

You may seeth pease likewise with Almond milk in Lent
time as aforesaid.

To fry pease.

Take Pease in the huskes and boile them, then take good
oyle, and fry it a litle, wherein you shal put the pease and fry
them in it, adding veriuiue, new wine, or sugar.

To make pottage of Beanes.

Take Beanes a litle broken. make them very cleane
and set them on the fire, and when the water boileth cast it
away, and put more water that it may bee higher then the
Beanes by two fingers, then casting in some salt, set them
to seeth vpon the coales on a soft fire, couering them, and let
them boile well: that done, drye them, and stampe them in a

mortar,

moyster,

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mofter, then boile them againe in a pipkin with good oyle, and let them ſeth well, but burne them not, then take a little ſage and figges, or apples cut in all, and put it into the Oyle with Onions, and ſetp them, then diſh them and put ſome of the oyle and other mixtures vpon them with good ſpices.

To fry Beanes in a pan.

Take Beanes, Sage, Onions, and Figges as aforeſaid, with other good hearbes, and mingle them together, then ſrie them in a frying pan with oyle, and make it like a pancake, and when it is baked take it out, and caſt ſpce vpon it.

To make ten meſſes of good broth made of

Red Peaſe or Cicers.

Take two pound of peaſe and waſh them in ſeuerall wa-
ter, and put them into a pipkin, firſt drying them, put to them
an ounce of flour, oyle, ſalt, pepper, and a little ſimmon
well beaten, ſtirre all with a ſpoue. Then put to them three
quarts of water or more, with a little Sage, Roſemary, and
Barſely roſtes, and let them boile together till it bee conſu-
med to the quantity of tenne meſſes, and when it is almoſt
boiled, adde to it a little more oile, but if you make it for a ſick
perſon, you ſhall put neither oyle nor ſpice into it.

To make a demif meat of Almonds.

Take two pound of Almonds and ſtampe them well, tem-
pering them with cold water leaſt they bee oyle, then take
crummes of white bread and ſoke it in verjuice, then take the
Almonds, crummes of Bread, iuice of Oranges, and Roſe-
water, and temper all together, adding an ounce of ſinamon
and a pound of fine ſugar, and ſtraine all this together, ma-
king it yellow with ſaffron. And let it ſo boile in a pipkin
vpon coales with a ſalt fire, and let it not take ſmoke, ſtirring
it

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it often with a ſpoue, and ſo let it boile for the ſpace of halfe
a quarter of an houre.

To make ten meſſes of a compound broth.

Firſt take two pound of Almonds ſtampe with a ſew el-
der floures, and temper them with freſh water, then ſtraine
them, and when they are ſtrained, put them in a pipkin to
ſeth: then take a quart of raw milk, and put into it three ounce
s of Dill, and crummes of white bread, this you ſhall beate
together with a pound of ſugar, and let it ſo ſeth, and when it be-
ginneſh to boile, you ſhall mingle them with the other com-
pound, but ſtirre it not, and when it is mixed & wareth thick,
then diſh it, ſtrawing ſpice vpon it.

To make twelue meſſes of portage of elder flowers.

Take two pound of Almonds and ſtampe them as afore-
ſaid, then take ſoure ounces of dry elder floures, and let them
ſoke in cleane water for the ſpace of an houre, then wring the
out of the water, and ſtampe them with the Almonds, adding
to it the crummes of a white loafe, and a pound of ſugar. And
if you will haue them yellow caſt ſaffron in them, then ſtrain
it and ſet it to ſeth as aforeſaid, and being on the fire, caſt
ſome of the ſaid flowers whole vpon it, and when it is boyled,
ſpice it well. If you will make this broth in ſuch time, you
muſt adde yolkes of egges with ſat broth of a Pullet or other
good broth, and ſtraine it with ſugar and other ſpices, and the
floures of elders as aforeſaid, and being halfe boyled, put into
it three ounces of ſweet butter.

To make meat of Egges beaten, which ſhall ſhew like peaſe.

ſetp pour Egges a little, then take them out of the broth
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and to make the broth somewhat thicke, take the crummes of a white loafe and straine it throught the water, or else take the broth of Beefe it selfe if you can get it, for it is better, and in any of these two brathes you shall seeth your egges again, with some spice, saffron, parselv and Spint minced very smal,

To make a deuised dish of meat or broth, of hearbes and Almonds.

Take hearbes and boyle them, but let the water boyle before you put them in, then take them out and lay them on a Table or a trencher, and cut them small with a knife, then beat them in a morter, and then boyle them in almond milke, adding sugar vnto it.

To make a dish of hearbes without milke.

Boyle your hearbes as aforesaid, and with some fat or leane broth as time serueth, make your dishes as you thinke good.

To dresse Gourds with Almond milke or with other milke.

Seeth the Gourdes in water, then presse the water out of them and straine them, then seeth them with almond milke or other milke, with sugar, and a little veriuice as you thinke good.

To fry Gourdes or Pompeons.

Take Gourdes and make them very cleane, then cut the in thinne peeces, and let them boile one waime, then take them out and dry them and salt them, roasting them in flour, that done, fry them in good oile, the take them off the fire, and take a little Carlike and crummes of bread and stampe them together with a little Veriuice, then straine it, and put this sauce

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sauce vpon the Gourdes, it will be good if you put nothing but Veriuice, Fennell seed, and a little basill: and if you will haue it yellow, cast saffron into it.

To make portage of Lettuce which shall seeme to be Gourd.

Take the white & inward part of Lettuce, which is in the middle of them, and seeth them with onyons, Veriuice, pepper, and saffron, if you will make it in fleshy time boyle them in fleshy broth as is aforesaid with egges and veriuice.

To make portage of Coleworts after the manner of Rome.

Open the Coleworts, and cut the leaues as it is usually done, and boile them in water, and when they are halfe brylled, take them out and cast that water away, & put the Coleworts into a quantitty of oyle, first letting them dry, and being in the oyle stirre them with a spone: then take fish broth and boile them in it as much as you thinke good, but if you will seeth them in fleshy time, boile them in fleshy broth with salt fish or bacon, for they would be fat.

To dresse mushrooms.

Take the Mushromes very cleane, and seeth them with two or three heads of Carlike, and crummes of bread, & this is done because naturally they are venomous, the take them up, and let the water runne out of them until they be dry, the fry them in oyle, and when they are fried, cast pepper and other spices on them, in fleshy time fry them as aforesaid. You may dresse them another way, make them very cleane, then set them on the fire, putting to them larte and Carlike beaten together, with pepper, you may likewise dresse the with oyle you may fry them also in a frying pan like a pancake.

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To make a kind of boiled meat or sauce to eat
vvith fish.

Take Almonds and Currans according to the quantitie of the fish, with nuts, and stampe them together, and straine them if you think good, then take pepper & other spices, a few cloves, Veriuce, and saffron, and boile them together, then fry your fish with good oyle, and then put the foresaid things vpon it, and when it is fried cast a good quantity of Cinamon vpo it, this meat is best cold: you may take fat booth without veriuce, and it will be good.

To make all kind of sauce, and first of
vvhite sauce.

Take what quantitie of almonds you think good blanched, & stampe them, & because they shal be oyle, temper the with cold water, the take crums of white bread, according to the quantitie you will make, and let it soke in veriuce, then stampe it with the Almonds, with some white Ginger, then straine it with Veriuce, or the iuice of Oranges or Lemmonds, and make it sweet or soure as you think good, this sauce will serue for all boiled meat in fleshy time, and like wise to fish.

Another sauce.

Take Currans and stampe them in a morter, then take tosted bread steeped in Red wine, according to the quantitie you will haue, and stampe them together, then take a little Red wine, Veriuce, with other ballard wine, or with Vineger if you will not haue veriuce, & straine it, making it sweet or saiper as you think good, and put to it Cinamon, cloves, and Nutmegs.

Another sauce.

Take the yolke of Egges almost hard, Chickins or Hens
livers,

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livers, sodden & scorched, Almonds according to the quantity you will haue, beat them in a morter, & temper the with veriuce or vinegar, then straine them, adding Cinamon, Ginger and Sugar: this sauce would be a little boyled, and coloured with saffron.

To make sauce of dry proins.

Take Proinses and steep them in Clarret wine, then take out the stokes, and stampe them with a few blanched Almonds, and a tosse of bread soaked in the wine wherein the Proinses were steeped, stampe all this together, tempering them with a little veriuce and other ballard wine, or Sugar which is better, then straine them, and put spice vnto them, specially Cinamon.

If you vvill make greene sauce looke in the chapter before,
vvhere it is set downe, followv the order there-
in prescribed.

Take Parsely, wild Time, and Mint, with other good hearbes, adding to them Salt, Pepper, and Ginger, beate them together, and temper it with strong Vineger, then straine them: and if you will haue it tast of Garlike, beate some heads of Garlike with it, as much as you thinke good.

To make a sauce called Perfico.

Take blanched Almonds well stamped with crummes of white bread, and a little Ginger, Cinamon, Veriuce, Clarret wine, the iuice of Pomgranets, and a little Sanders, temper them together and straine them with a little Red wine, and then make it sweet or soure as you will.

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To make Sauce called the floures of broome.

Take Almonds, Saffron, and yolkes of Egges, and let the Almonds be blanched and beaten as they should be, then temper them with veruice, adding Ginger well beaten.

To make sauce of grapes.

Take black grapes and bryse the in a mortar with some bread, according to the quantity you will haue, then temper them with a little Veriuce of Ginger, because the grapes should not be too sweet, then seeth them for the space of halfe an houre with Cinamon, Ginger, and other spice.

To make sauce of mulberries.

Take blanched Almonds well beaten with crummes of bread, then take the Pulveries and mire them together, but not in a mortar least you brake the small grain of seed within the Pulverie, then put to it Cinamon and Nutmeg, and straine them all.

To make sauce of red or blacke Cherries.

Use them as you did the grapes, but you may make it differ by setting it more or less according to the quantity.

To make sauce of Barberies.

To make this sauce, follow the order prescribed in *§ sauce* made of Cherries and grapes.

To make iuice of Barberies to keepe all the Winter.

Take ripe Barbaries, and with thy hand buse them into

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A pphkin of other beffell. and to them put new beruice, Pepper and salt plenty, and boile them for the space of two hours or more, and then strain it, and keep it in a beffell, it would be well salted, & this will be good iuice to colour any other sauce that you will make.

To make mustard.

Take mustard seed & let it soke for the space of two daies, and change the water often, that it may be the whiter, then take blanched Almonds stamped in a mortar, and when they are stamped put the mustard seed to them and stamp them together, adding beruice or vinegar, with crummes of white bread, and being tempered together, straine them and make it sharpe as you thinke good.

To make mustard after the manner of Padoa.

Take mustard seed and beate it very small, then take Grapes well stamped, adding to it a tost of white bread, a little Sanders, Cinamon, veruice or vinegar, & ballard wine, temper this together and straine it. Made by maister Anroome Trombone.

To make mustard vvhich may be carried in Bals.

Beat the mustard seed as afore said, then take grapes well stamped, adding thereto Cinamon and Cloves, then make what fashion bals you will round or square, and set them on a table to dry, and being dry, you may carry them together you will. And when you will use them, temper them with a little verjuice, vinegar, sodden wine, or Balsam wine.

To make a skie colour sauce in summer.

Take wild mulberries which grow in the hedges, and a

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Let us stamp Almonds with a little Ginger, temper all this with Veriuce and straine it,

To make yellow sauce.

Take bread cut in slices and toast it, then take red Wine, a little vineger and sodden wine, put the bread into it, and let it seeth, then straine it and put spice into it, and colour it with saffron.

To make good garlike sauce.

Take blanched Almonds well stamped, and being halfe beaten, put as much Garlike to them as you thinke good, and stamp them together, tempering them with water least it bee oyley, then take crummes of white bread what quantity you will, and soke it either in leane broth of flesh or fish as time serueth: this sauce you may keepe & vse with all meats, fat or leane as you thinke good.

To make garlike sauce in grape or Cherry time.

You must follow the order prescribed in the chapter aforesaid, only that you must adde no broth, but take black grapes, and bruse them well with thy hand into a pipkin or other vessell, then let them boyle for halfe an houre, and straine them, and mix this iuce with your garlike: it may be used in flesh time.

To make greene Veriuce.

Take grapes and Rorrell, or Veriuce, and stamp them with a little salt, you must haue a little old Veriuce, where with you may temper and straine it.

To make veriuce of Fennel-seed.

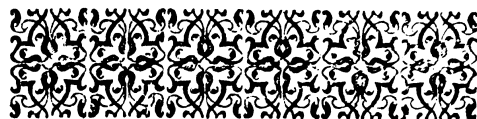
Take Garlike if you will, and Fennel seed the best you can

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can get, beat and boyle them together, adding thereto annis seed, with new Veriuce, and with this veriuce you shal temper and straine it, and let it be somewhat salt.

To make sauce of yong Roses.

The Roses would be somewhat greene and not ouer ripe, and when you haue stamped them very well by themselves, stamp them once again with a head of Garlike if you thinke good.



The fourth Booke:

Shewing how to dresse all kind of Fish.



In this Treatise it is generally to be noted, that all fish either to be sodden or fried, must first haue the scales taken off and cut on the outside, then opened and the guts taken out and clean washed: but the fish which you will roast would not be scaled, scraped, opened, nor the guts taken out, but well washed and opened, salt fish excepted, which would be opened and the inwards taken out, like wise you must take out the guts of mauls or Thornebackes by the gills with a forke or string, the which is fastened onto a gut within, which must be taken out either seething or broiling it.

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To dresse a Carpe.

First make good pickle, such as commonly is made for salt fish or souled fish, then take the Carpe and put it into the pickle, and let it stand two daies. then fry him in oyle, and so you may keepe it twenty daies or a month, and then fry him againe and againe as you thinke good, and the more and the oftener it is fried, the more it loseth of his substance, and are the worse: And therefore this way is onely to make him continue long, and if they be great seth them, if small fry them, but take heed there bee none of the bone left in the head, for it is venemous.

To dresse Sturgeon.

If you will haue it good and in perfection, let it not be too new, but let it mottifie for a time. then take white Wine or Vineger mixed with water, as much of the one as of y other, and salt as much as sufficeth, wherein you shall seth it as long as you vse to seth beale or Putton, according to the quantity, & cut it into great peces such as may not easily breake but seth whole, for all fish is better whole then in peces. The sauce would be white, mixed with Ginger, very white Cardus like or Mustard as time serueth, or when appetites require, which you shall make as aforesaid in y instruction for sauces.

To dresse a Latus or thadovv fish.

It is dressed like Sturgeon, onely it requirerh not so long sething, and shall haue the like sauce.

To dresse a Sangris or rooth fish.

It is best sodden, but it must bee fresh, you need not put so much wine to it, but vineger, because it bindeth and maketh it continue the longer, giuing it a better tast.

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To dresse a Bafe.

Seth this fish as aforesaid, but if it waiteth lesse then four or five pound fry it in good oile, or boile it on a grebizon, but remember as aforesaid that when you fry it, it must neither bee scraped nor opened, and you must make a kind of liquoz with vineger, oyle, and salt, and with a Rosemary branch, bass it therewith upon the grebizon, turning it often and let it boile very wel and leisurcly, for all fish would be wel boiled or sodden, otherwile it is unholesome.

To dresse a glaucus or corbo grisso fish.

Seth it as aforesaid, but if it it way but four or five pounds fry it in oyle or boyle it on a grebizon with scraping or opening it: for sauce take grene sauce sauozing of Cardus like, and Ginger, if you will you may eat it with mustard.

To dresse a Gilthead or gilden pole.

If it be great boyle it, and season it well, if it bee little fry it or rost it.

To dresse a Burt or Turbut.

Seth it because it is very loose and brittle, and will easily fall in peces, but if you will keepe it fro breaking put it in a small basket, or lay it on a trencher, that you may take it out whole, it must be sodden with great leisure, and all fish would be sodden with discretion, for some fishes are hard and more solid then others, and therefore they must be sod according to their quality, but generally all fish would bee very wel sodden and with leisure.

To make sauce of vine branches.

Take vine branches and stampe them, and if you will you may

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may adde a few Carlike leaves, with crummes of white bread, according to the quantity you will make, and salt: this done, temper them together with Vineger or Veriuike, and then straine it.

To dresse a Dab.

It must be fried, then cast ouer it a little Salt and iuice of Oranges or Veriuike, with Parsely chopped very small.

To dresse a Palmira, vvhich is a kind of Tonny.

Seeth it like a Sturgeon, and giue it the like sauce, being little it would be fried, for it cannot bee roasted because it hath no scales, and if you will fry it cut it in round slices halfe a finger thicke, and fry it well, putting to it good iuice of the iuice of Oranges, with spices and a little Parsely if you think good.

To dresse a Treglie a kind of Barble.

It would be well roasted and not opened, but washed and often basted with the liquor aforesaid, and if you will keepe it eight or tenne daies, lay two or three one vpon the other in a platter, with as much liquor on them as may couer them, and so you may keepe them long.

To dresse a Goldstrike.

It is good both sodden and roasted or fried if it bee great or little as you thinke good: the sauce is Greene sauce.

To dresse a Saponi another kind of Goldstrike.

It would of nature bee fried, all the guts first being taken out, for it hath many, and when you will roast it take out his entrails and make as little a hole as you can.

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To dresse Smelts.

Boyle them, for of themselves they are better than any other.

To dresse a scorpion of the sea.

If it be great it would be sodden: if little, fried.

To dresse a sea Breame.

They are better fried or roasted than sodden.

To dresse a sea Trout.

It is good roasted or sodden as you will.

To dresse a kind of Sturgeon called Moreca, or a sea serpent.

First sea it with white water, and cast away the head and taile, and fry it well: and for sauce use Greene sauce with Carlike.

To dresse Macarell.

They will be fried, yet they are good sodden with Pepper and Parsely.

To dresse a Muler.

This fish of nature would be roasted, but if he be very great seeth it, and the sauce to the roasted is the liquor aforesaid, and Fennell seed, and to the boyled white sauce.

To dresse a Plaice.

It would be boyled with a little parsely, and it is also good fried, putting on it the iuice of Oranges.

To dresse a Besano an Italian fish.

Boyle it in wine, or Vineger and water, of ech a like, and for sauce take Carlike, but this course fish is fitter for labouring men than men of any quality.

To dresse a Dogfish.

It would be sodden as aforesaid, & then with strong garlike and a little mustard, fry it in a pan, but dresse it in what sort you will, it will neuer be good as being naturally of no good taste.

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To dresse Eeles.

A great Eele would be roasted, being first head and made clean, and then cut in great peeces of a handfull long or lesse, and when you spit it, betwene ech pece put a sage or a Bay leafe, and turn the spit very softly, and baste it with the pickle spoken of before, and when it is almost roasted, crum it with bread mixed with a little Cinamon & Salt, which will make it haue a little crust, that giueth them a good tast: you may saeth small Eeles in Water, Wine, Herbes, and Spices as aforesaid.

To dresse a Mochie, an Italian fish.

It would be sodden like a Crewish of the rtuer, and should be eaten with vineger.

To dresse a Sea Crewish.

Saeth it likewise with Fennell, and eat it with Vineger.

To dresse Oysters.

They are to bee roasted on the coales, and when they open they are enough, you may take them also out of the shell, and fry them in oile, and eat them with vineger and Pepper.

To dresse Lampernes.

It will be fried with the iuice of an Orange.

To dresse a shad or Pilchare.

It is good roasted, but first pull out entrailles and guts, and eat it with green sauce, it is also good sodden, but then it must haue white sauce.

To dresse Muskels or Cockles.

Take a frying pan and set them over the fire, and when they open they are ready, and as you see them open, put in a little Mustard, Pepper and Parsely choped small, and turne them in the panne. You may roast them on a hote yron upon the coales, and when they open they are roasted. But they would be kept a day & a night in salt water before you dresse them, that the sand within them may be gotten out.

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To dresse a Whiting.

Saeth them and eat them with white mustard.

To dresse a Pike.

Take out the guts and if it be great saeth it, but scrape him not until he be sodden, the sauce is white sauce, Carlike, and mustard, but if he be a little one, fry it, it may be boyled on the grebbon, and stuffed with good herbes and Currans.

To dresse a Barble.

Ete it as you will, but it is not thought to be fish, and the Spawne is dangerous to be eaten, and chiefly in May.

To dresse a Grayling.

This is excellent good fish, dresse it as you will, so; it is good every way, but it is best boyled.

To dresse *Corario marino*, a kind of sea Breame.

Koost it as you doe an Eele, with sage or bay leaues betwixt every pece.

To dresse a Crewisse.

Boyle them in water and vineger with much salt, because they themselves yeeld much water, therefore put not too much liquoz to them, and let them saeth wel until they yeeld a great skin. And when they are boyled in that maner twise or thrice they are enough, but proue them first least you be deceived.

To make Crewisses full of compound meat.

Dresse them as aforesaid, and open their belly cunningly with a knife betwixt their legges, and take out all the meate out of their bellies, tails and feet, which done, stamp it with Almonds, Currans, and yolkes of Egges, according to the quantity you will make with some cheese, Parsely, and Parsgerum, stamped small together, and with this compound fill the Crewisses again, & saeth them again in good oyle, as softly as you may: if it bee Lent adde no Egges nor Cheese. And if you wil fill them with variety, take Almonds stamped with Sugar and rosewater, and fill the set with one kind, and the other parts with another kind of meat.

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To dresse the fish called the Lion of the sea.

Stop their mouthes and the hole which they haue vnder their taitles with cotton, because their swart nesse may not run out, and put them vpp in an oven to bake leisurely, or lay them vpon the hearth well heated & swept, making a fire of coales round about them, but not too nere because they may bee the better roasted and the sooner, and turne them oft least they burne. And if you wil you may seeth them in water and vinegar like Creuilles, but let them seeth some what more as you see cause, for they are harder and bigger then other creuilles, and so; sauce take vinegar.

To seeth the Horne-becke or Pipe fish.

Stop their holes and dresse them like wise as aforesaid.

To dresse a Breame.

Dresse it as you will, but it is little esteemed.

To dresse a Carpe.

If they be great boyle them, you may also take them and fry them being small.

To dresse Salmon.

Salmon is an excellent fish, and should ordinarily be sodden, yet it is good any other way.

To dresse Mugilis, in Italian *Lasche*.

They should be softly fried least they burne, and eat them with greene sauce or Vertuice.

To dresse a kind of Hering, in Italian *Lastacini*.

You must fry the, & eat them with greene sauce or Vertuice.

To dresse *Ruvoglionis*, an Italian fish.

Fry them also, and give them the same sauce.

To dresse *bachis Cosaze*, an Italian fish.

His nature is to be fried or sodden, it is also good roasted.

To dresse a Turdus.

If it be great boyle it, if little fry it, and so; sauce take mustard.

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To dresse *Agoni* diuers waies, an Italian fish.

They are good sodden with Parsely, Butter, Spice, they are good also fried with the iuice of Oranges and Vertuice mingled with oyle.

To dresse a Cuttle fish.

This fish is of no account, & therefore dresse it as you will.

To dresse Crabs.

Do as I haue said of creuilles, and eat them with vinegar.

To dresse a Peach.

If it be great take out the guts and seeth it, but scrape it not, if it be fresh seeth it in cleane water and Vineger. and when it is sodden take off the scales, but if it be little scrape it and dresse it in oyle, it is good fried being basted with liquor as aforesaid.

To dresse a Tench three waies.

Tenches are good three manner of waies, first sodden if they bee well growen, and so; sauce you may make a little broth with Vertuice, Spice, and Parsely chopped very small with the broth of the same Tench. The second is to cut and cleave it in the backe foorn the head to the taitle, and if it bee great you shall first scrape it, and when bee is clouen cut the ridge bone on both sides and seeth the Spawne, fat, and liuer thereof, and if the Tench haue none, the Spawne, fat or liuer of another fish will serue, then take Parsely and margerum, and other sweet hearbes, and brat them all together with the liuer, Spawne and fat, putting to it a little Garlike chopped small with some pepper, Saffron, Salt, & a little oile, as also Joynices, Cherries, Currans, or the kernels of a Pine Apple, and yolks of Eggs as time serueth, al this tempered together you shall put vpon the Tench on the outside, then sow it vp with a needle and thread, or else tie and bind about with a packthred, so that the compositions may not run forth, then lay it on the grebmen with soft fire vnder it that it may rost al leisure, and make a liquor with Vineger, Oyle, Salt, Saf-

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iron and Pepper, and a little broken wine; and as you turne it, batt it well with this liquor. The third way is, that if the Vench bee small, scrape it well and cut it open at the backe, and cast salt upon him, then throw flower upon all sides, and fry it in oyle, and for sauce take the iuice of Oranges or veriuice.

To dresse a great Trout.

Spake it very cleane and cut it onerthwart in round peeces of the bignesse of your hand, and lay euery pece flat by it self in the Chaldron or pan wherein you will seeth them, putting god flore of salt into the pan vpon them, this done, pour water so easily vnto them that it washeth not away the salt lying vpon them, with as much vineger, as that the liquor may be thre fingers about the fish, and so let it boyle, skimming it very well: and when it hath left skimming, abate the fire vnder it, that it may boyle softly til it be ynough, then take it out and lay it vpon a dyte cleane table, casting spice vpon it. To this Trout you may vse white sauce with Ginger. When it is little make it cleane, and cut slices on both sides, and into the cuts put salt, then presse it betwixt two trenchers, laying some waight vpon it, and so let it rest for the space of two or thre houres, then cast flour on it and fry it leisurely in good oyle, and so you may keepe it thre or foure daies if you will.

To dresse a Lamprey.

Lay it to soke in hote water, and scrape off the slime, but breake not the skin, and take out the tongue and teeth, and in the bottome of his belly you must make a little hole, where in put the end of your finger, and with a knife or pricke of wood, you shall take out the gut or string, and pull it out with a cloth softly that it be not broken: for the Lamprey hath no euil thing in it, but only his string. For sauce you must keepe the blood, for it is the right sauce, in the mouth you shall put halfe a nutmeg, and in ech hole which he hath about his head you

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you shall sticke a Cloue, and so roule it in a ring and put it in an earthen bessel, wherein you must put halfe an ounce of god Oyle, a little Veriuice, a little White wine the best you can get, making as much of the liquor as will couer more then halfe the Lamprey, then cast a little salt vpon it, and so bake it leisurely vpon the coales like a Tart. When it be ginarth to bake, open the holes with a knife, and with a trencher presse it downe so hard, that the blood may come forth, which you must mingle with the other things. And if you thinke god you may easily take out the blood before you set it on the fire. And for sauce take Almonds or Futs, vnblanched but put them vnder the whote embers, then pill them and stampe them with a few Currans and a pece of tosted bread tempered with Veriuice and broken wine, with a little of the wine or liquor aforesaid, wherein the Lamprey is sodden, and when all this is strained put to it some Ginger, Cloues, and Cinamon. Also if you take out the blood before it is sodden, you must mingle it with those sould things, which you shall seeth with the Lamprey until it be well sodden, and then you shall roule it with the sauce, and laying it in a dish send it to the table.

You may dresse it another way vpon a spit.

When it is roasting set a dish vnder it to receiue the blood, fat, and liquor that cometh out of it, which is the best of the substance, then you may make y sauce aforesaid for it, where with you may fry it in.

When they be little they should be broiled.

They should bee broiled vpon a gredyon at leasure, with sauce of the iuice of Oranges and broken wine, if you will haue no Oranges take Veriuice, salt, Oyle, and spice. And when they are boyling batt them with the said sauce, and when they are broiled, put of the same sauce vpon them, and send them to the Table.

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To dresse an Inkehorne fish, in Latine *Loligo*.

The lesse they bee the better they are, wash them very cleane and stufte them as you do the Tench being turned out, and if you can deuise a better stinking you may, then fry them in oyle, and put the iuce of Oranges vpon them with spices. You may seeth the great fishes, cutting them in piéces like slices of Eleale or Basse, and boile them in broth with Parsely shred smal and Spices. If they be great, you may dresse them another way. First wash him in white Wine & a little verjuice, with this kind of washing you may get out the blacke iuce whereof the sauce is made, then take Almonds roasted vnder the embers according to the quantity, and stamp them in a mortar with tosted bread, and so temper it with the matter aforesaid, then straine it and boile it, putting thereto Saffron, Ginger, and a few Cloues. And when it is fried you shall put this sauce vpon it.

To seeth, fry, and broile a Pike or any other fish
all at one time.

Take a great fish and pull out the guts, and make it very cleane, then bind a third part of it towards the head with a wet cloth, for that part that should bee sodden must bee covered, then goe to the taile and scrape it to the quantity of a third part and cut it on both sides like a fried fish, and then begin to fry this part of the taile in such sort that you spoile or touch not the rest of this fish, this being done, you must haue a thinne boord of the bignesse of the middle of the fish, vpon the which you shall bind the said fish so softly that it breaketh not, then seeth that part of the fish which is bound with the cloth that is the head, and let not the broth touch any more of the fish then that which is wrapped in the cloth, and when this part is well boyled, take it out and lose it softly from the boord that it breaketh not. When lay it on a greddyon vpon the coales with

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with fire onely vnder the middle part which is not sodden nor fried, and let it touch no part else, and that the fire may not hurt the fried and boyled part of the fish, you must take two square stones made for the purpose, and put them vnder the greddyon, and lay the coales betwixt them, and in broyling the fish baste it with the liquor aforesaid, which is fit for broyled fish, and when it is ready take it from the fire, and vntie the cloth that is wrapped about the head, and making it cleane you shall send it to the Table. If you will you may make three kind of sauces, for it is fit for sodden, fried, & broyled fish.

To dresse *Schinnole* an Italian fish.

Cut it crosswaies of the bignesse of halfe a finger or thereabout, and make it very cleane round about, then boile it on a greddyon and turn it often, and baste it continually with oile and vinegar mingled together, as much of the one as of the other, but it would not be much roasted nor very dry. And when you think that the fire hath perched it and changed the colour thereof round about it is roasted, then send it to the Table. We know when it is boyled cut it, and if it be red within it is y-nough, but looke it be not over stale.

To dresse a kind of meat of the spawne of Sturgeons, called *Chauale*.

Take bread and toast it untill it begin to change colour, and cut some of the spawne in piéces as great as the quantity of the bread, but somewhat thinner, and lay it vpon the bread, then sticke the tosse vpon a knives point or some other thing, and hold them to the fire untill the spawne were hard and somewhat change colour. You may doe it another way by washing the spawne of the Sturgeon in warme water, that it be not too salt, then take hearbs chopped with y-crums of white bread grated, and Onions minced small, and fried with a little pepper and a dish of water, then mingle all these things

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things together with the Spawne, and it will be like a Pan-cake, and so frye it like a Tasse of Egges. And to prepare this Chaulale you must take the Spawnes of Sturgions when the Sturgion is best in season, and take out the sinews that are in them, then wash them with white Vineger, and let them dry upon a Tabe, then put them into some vessell, and salt them with discretion, and stir them with your hand but very softly that you breake them not, that done, take a linnen bag some what thinne, and put the Chaulale into it for a day and a night, that the salt water may run out, then put them into some vessell or other, and presse them very well with thy hands, making ~~three~~ four little holes in the bottom of the vessell, by the which the moisture may issue out, and being well strained, keepe the vessell very close. And suppage out of them at your pleasure.

To dresse Trouts in manner of Carpes.

Take the Trout very clean, taking out the guts, pricking it in many places with the point of a kniffe. Then make a pickle with water and Vineger of equal quantitie, with good Roze of salt, wherein you shall put the Trout for the space of almost halfe a day, then take it out and presse it two or three times on a Tabe for the space of halfe an houre, then frye it very well in good oyle, but burne it not. In this soyt you may keepe it for the space of a month, and then frye it againe if you will.

To make Botarge, a kind of Italian meat.

Take the Spawnes of Cefano or Mugno that are fresh and in season, and breake not the skin that is about them, and salt them with fine dry salt with discretion, so let them lie for a day and a night covered in salt, then take them out and drye them in the smoke, but let them hang so far from the fire that the colour bee not hurt. And being thus dried for to keepe, you must put them in a wooden barrell filled with bayn: they

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they are commonly eaten rawe, but if you will haue them other wise, you must roste them in the embers, or upon the whote hearth, turning them till they be whote.

To dresse a Tonny.

Take Water and Vineger, and let the Tonny lie in it for two or three houres to take out the salt, then let it to boyle softly, which done, take it out and make it cleane, and souce it in bluger, the latter it is, the better: & the latter, the worse.

To dresse a Tonny another way, changing your water.

Lay it to soke in warme water twice or thrise, then boile it two or three waumes, and being boiled take it up and souce it in vineger, being well washed it may bee eaten rawe, if a man will.

To dresse a salt Ele.

Lay it & cut it in peces of a handfull long, and seeth it for the space of halfe an houre, then cast out that water, and put it in other cleane cold water, and let it boyle againe till it be well boyled, so take it out & eat it with Vineger and Parsely.

To dresse a Trout and all freshwater fish, that hath been salted.

Let them stand in warme water for the space of foure or five houres as they are in quantity, the like must you doe with all other fish. And note that of all fishes the greatest are best, as the Proverbe saith, Old fish, yong flesh.

To make Tarts in Lene and first of Creuisses.

Take Creuisses and seeth them, then take out all their
D ly meat

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meat and stampe it in a mortar, and take good Almond milke strained with Rosewater, and if you have it not, take good pease broth, and stamp these things with a few smal Reasens and Figges, adding a few more small Reasens, Parsely, Pargerum, and Bettonie, first fried in oyle, and stirred with a knife, then put to it Ginger, Sinamon, and Sugar. This composition would bee stamped in a mortar, and to make it thicken like milke, put a little flower into it, stirring them together, or the Spawnes of a Pike stamped and strayned, which bind, and make a crust like other Tarts, and being baked, straw it with Sugar and Rosewater.

To make Tarts of Eeles.

Flay the Eeles, and cut them in peces of two fingers long, and seeth them, but not too much, then make Almond milke very white and faire, and straine it with Veriuce and Rosewater, and let the milke bee thicke, and stampe also a few Currans and dry Figges, then take Spinage broken in peces and fry it in oyle, with a little parsely, broken and beaten small, and an ounce of small Reasens, an ounce of the kernels of Pine Apples, with Ginger, Sinamon, Pepper, and a little Saffron, according to the quantity you will make, temper and mire all this composition well together. Then put the crust into a frying pan, and in it put your composition and then the Eeles, and so cover them againe with the composition till all the stuffe bee waisted, then cover it with paste and bake it leisurely with fire both ouer and vnder it, and when it is halfe baked take a little Veriuce, Rosewater, and Sugar, and pricking holes in the lid put it into the Tart, and so let it stand untill it be baked.

To make Tarttes of Dates, Almonds, and other things.

Take two pounds of blanched Almonds, and stamp them with

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with fish broth and a little Rose water, then straine it and let it be somewhat thick, then take halfe a pound of clean Dates, a few Currans, and dried Figges, and beat all in a mortar, then take a little Spinage, Parsely and Pargerum, and frye them all in oyle & stir it with a knife, adding to these beards certaine fat livers and good fish beaten therewith, then take thus ounces of the kernels of Pine apples very cleane, which you shall heape to straw and sticke vpon the Tart when it is made, and put it in the crust, then take Reasens of the sunne, and a pound of Sugar, Sinamon, Ginger, and a little Saffron, and mingling all this together, you must temper it with one ounce of fine flower and a few Spawnes of a Pike, and mire it with the other composition aforesaid, and make the crust or paste as aforesaid, and so let it bake at leisure, strawing Sugar and Rosewater vpon it, you must not make it too thicke.

To make a Tart of Rice.

Take two potonds of blanched Almonds well stamped with a little Rosewater and Rice broth when it is almost sodden, and temper Almonds therewith and straine it, then take a pound of Rice and brate and temper it well with the Almonds, then put to it two ounces of white leavened dowe, a little flower or else a few Spawnes of a Pike, and straine it as aforesaid with a pound of Sugar, and an ounce of the kernels of Pine apples broken in a mortar but not stamped, and when it is halfe baked put a fine thin couer or lid vpon it, and being full baked, straw it with Sugar and Rosewater, but let it not be too drie baked.

To make a Tart of red garden pease.

Seeth red Garden Pease, and being sodden, stampe them and temper them with their broth and a little Rosewater, then straine them, and take blanched Almonds according to the quantity you will make, and stampe them, but they must
 y lly not

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not bee strained, and with them stampe thre ounces of Currans and some dry figges, and two ounces of pine kernels not too much beaten, adding therunto Sugar, Rosewater, Cinamon and Ginger, mingle all this together and thicken it with flower and the spawne of a Pike, and so bake him with a crust, and when it is almost baked, strain it with Sugar and Rosewater, and let it drye vpon it. This Tart would not be thicke.

To make a Tart of the liuer of fishes, and of the fish it selfe.

Soeth the fish with the Liuers, then take sodden Pease and stamp and strain them, and likewise stampe the fish, and the liuers, taking out all the bones, and if you can get the spawne of a Trout or Tench, it will be good to stamp with them, then take Parsely and Pargermin, and choppe it very small, and stampe it in a mortar with Sugar, Cinamon and Ginger as much as sufficeth, mingle all these together with Rosewater, and let it bake softly, & when it is baked, obserue the order aforesaid. You may make all these kind of Tarts of diuers colours and seuerall meates in one pan as time serueth, deuising them into quarters, or other wise as you think good.

To make Marchpanes.

Blanch thy Almonds and stampe them very small, but straine them not, and to make the Almonds whiter, of better tast, and sweeter, you must lay them for the space of a day and a night in faire water, that they may blanch of themselves betwene your fingers, and stamping them you shall put in Rosewater that they bee not oily, and if you make a very good Marchpane, put as much fine Sugar in it as there are Almonds in equall weight, with an ounce or two of Rosewater, the temper them together, then take Wafers or white mixed with sugar and temper it with Rosewater, then knead it

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it and lay the composition vpon it, & in spreading it on spreade it with Rosewater, then straw it with fine Sugar small beaten, and disperse it with a spone, so bake him in an oven very softly, and let it not burne neither bee ouer drye, and it would not be thicke.

To make an Italian meat called *Caliscioni*.

Take Marchpane stiffe or such as is spoken of in other places, prepare the paste, Sugar, and Rosewater, then fill it with the stiffe, and if you haue a mould print it there with to make it the fairer, the bake it in a pan or oven like a Marchpane, but burne it not.

To make Curds of Almonds in Lent.

Take blanched Almonds and stampe them with Rosewater, then with two ounces of Sugar, ten ounces of Rosewater, and halfe a pint of Pike or Tench broth, (so) the broth of other sea or fresh water fish is not good, and let not the broth be very salt but somewhat thicke) temper them together, and straine it so hard that there remaine no part of the substance of the Almonds in the strainer, let this Curd stand for the space of one night, and put it in a dish or other vessel, and in the morning you shall find it curdy like curds of Milke. And if you will you may put them into greene leaues or other beeries like Cheese curds, or let it stand in the dish, straining it with Sugar or Annyseed Confiys, you may adde thereto a little flower because it bindeth.

To counterfet Lenten Cheese Curds.

Take a pound of blanched Almonds and stampe them as aforesaid, then take four ounces of Sugar, an ounce of Rosewater, and a glasse full of fish broth as aforesaid, and of the same filyes broth: then temper them together & strain them

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Thicke, then soyme them and send them to the Table in a dish
o: vpon a plate, drawing it with Sugar and Annyseed com-
sets.

To counterfeit Butter.

Take a pound of blanched Almonds as aforesaid, & stamp
them and straine them with halfe a glasse of Rosewater, and
to make them curdy put a little flower o: half a glasse of Pike
o: Tench broth, with four ounces of Sugar and a little Saf-
fron to make it yelow, straining it thick, then make it in fa-
shion of a dish of butter, and let it all night to thicken against
morning in a cold place.

To counterfeit Egges.

Take Almonds and blanch them well and stampe them,
tempering them with Rosewater that they bee not oyley, ad-
ding some Pike broth that is fat, and strain them like milke,
then take halfe a pound of clean Rice according to the quan-
tity you will make, which seeth in halfe the milke made of the
Almonds: take also thre ounces of the best & whitest flower
that may bee gotten, and dissolve it in the other halfe of the
milke, then let it boyle so: the space of halfe a quarter of an
houre, stirring it with a spoon, and let it not tast of the smoke:
this done, take the Rice aforesaid and all the milke, and strain
it hard with your hand, so: the thicker the better, and so: get
not to adde good store of Sugar, then take a quantity o: part
of the said composition as much as you think good, which you
shall make yelow with Saffron, and thereof make round
Balls like the yolks of Egges, then take two wooden moulds
in forme of Egges, and if you haue no moulds in stead thereof
take the made yolks of Egges, compacting them about
with the white composition, making them round like egges,
and so lay them in the dish, and they will shew like hard Eggs
without shels, & tempering a little of that white stuffe with
Rosewater and Sugar, whote o: cole as you think good, they
will

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will shew like curds. And if you will use them dry cast none
of that liquor vpon them, but in stead thereof cast Sugar bea-
ten small.

To make Tartes of Chestnuts.

Seeth the Chestnuts and stampe and straine them with
milke, adding all the other compositions so: the Tartes afores-
said, and make it yelow with Saffron.

To make Tartes in flesh time, and fust to make a white Tarte.

Take two pounds of good new Cheese and cut it smal, and
then stampe it, then take fiftene o: sirtene whites of egges,
and temper and mire them with the Cheese, putting thereto
a pound of Sugar, halfe a pound of faire white Ginger, halfe
a pound of sweet Butter, and some mashe as much as will suf-
fice, then make your paste and let it be somewhat thin, and
let it bake with a soft fire both vnder and ouer it, and let him
bee somewhat browne, and when hee is baked draw Sugar
and Rosewater vpon it.

To make a greene Tarte after the manner of Bologna.

Take as much Cheese as aforesaid, and grate it somewhat
great, then take Parsely, Pargerum, and other good herbes
chopped very small and mire them with the Cheese, & stamp
them in a mortar, adding thereto Egges, Pepper, and a little
Saffron with sweet butter, then make a crust so: it and bake
it. And when it is halfe baked, colour it ouer with the yolke
of an Egge and a little Saffron, and when the vpper crust is
seth it is baked, then take him from the fire.

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To make a Herbofetta of herbes in the month
of May.

Take as much new cheefe as aforefaid and flampe it, then take fiftene or fixtene Egges and fome milke, good floze of Bettonie, Pargerum, Sage, Mint, and a little Parsely, flampe these hearbes very well and toyng out the iuice and straining it, you must put it into the Cheefe and other things aforefaid, with halfe a pound of Butter, halfe a pound of Ginger, and ten ounces of Sugar, and mire all these together and set them on the fire in a pipkin not ouer whote, and stirre it with a spoone untill it begin to thicken like pottage: that done, hauing made paste you shall put the composition into it, and set it to bake in a pan with a soft fire, both vnder and ouer it. And when it is well baked, take it out and draw fine Sugar and Rose water vpon it. This kinde of Tarte is best when it is greenest.

To make Tart of Pompeons.

Take Pompeons and make them cleane and grate them as you doe Cheefe, and boile them a little in both or in milke, then take as much new Cheefe as aforefaid, adde to it also a little old Cheefe, take also a pound of the panch of a Hogge, or a Cowes Tudder well sodden and chopped small, and if you will you may vse Butter in stead of those two things aforefaid, or Suet, adding vnto it halfe a pound of Sugar, a little Saffron and Cinamon with a quart of milke, and Egges, as need requireth. And when you thinke the Pompeons are sodden take them vp and straine them, and colour it with a little Saffron, then making a crust of past vnder it, put it in a pan, and make a soft fire both vnder and ouer it, and being halfe baked, couer it with Tlazers or such like stufte in stead of an upper crust, and being thowen baked, draw it with Sugar and Rose water.

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To make Tartes of Peares, Turneps,
and Quinces.

You may also as time sermeth, make Tartes of Turneps and Peares, first roasting them in the embers, or with broken or sweet wine, so you may doe with Quinces, cutting them in quarters or peeces, making them clean, and boiling them: if you will you may roast them in the embers, so that they will be better, then straine them, and adde such things to them as are aforefaid.

To make a kind of meat called *Migliacio*.

If you will make Migliacio, for foure or five persons, you shall flampe two pounds of new Cheefe so new as in a manner it shall be ready to turne to milke againe, then take foure ounces of fine flower, eight or ten whites of Eggs, and halfe a pound of Sugar, mingling all this together, and if you haue not floure take crummes of white Bread grated very small, and vse it in stead of flower, and take a pan without past, and put Butter into it about two fingers thicke, and let it stand on the coales untill the Butter be melted, then put the composition into it with a reasonable fire both vnder and ouer it, and when it is baked take it out and draw Sugar and Rose water vpon it.

To make Tartes of Elder flowers,

Take the floures without kernels, and wash them cleane with some of their branches, mire them with the substance spoken of before for a white Tarte, but it would bee somewhat thicker because the flowers would bee well seperated, whereby they may lie both aboue and below, and in the middle of the Tart.

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To make Tartes of the small greene thrids that
wind about vine branches.

Take these Thrids about the vines and bolle and choppe
them with a knife, and the like may bee done with the red,
then take good new Cheese and a Cowes odder well sodden,
and stamp them together, and if you will in stead of y^e Cowes
odder you may use Suet or Butter, adding thereto Ginger,
Sinnamon, and a good quantity of Sugar, put this into a fry-
ing or baking pan, with paste both under and above, & when
it is almost baked, prick the upper crust full of holes: being
baked, straws Sugar and Rosewater upon it.

To make Tartes of red Cherries.

Take the reddest Cherries that may bee gotten, take out
the stones and stampe them in a mortar, then take red Roses
chopped with a knife with a little new Cheese and some old
Cheese well stamped with Sinnamon, Ginger, pepper, and
Sugar, and all this mixed together, adde thereto some eggs
according to the quantity you will make, and with a crust of
paste bake it in a pan, and being baked straws it with Sugar
and Rosewater.

To make a far Tarte with Rice.

Wash the Rice well and make it cleane and boyle it in fat
broth, and being boyled, take it out and dry it, then take a lit-
tle new Cheese stamped with Eggs, Sugar, and Rosewater
according to the quantity you will make, and if you will you
may adde a little milke, and this being mixed together bake
it in a pan, and observe the order prescribed for white Tartes,
but it must have lesse Cheese then the other afore said.

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To make a Tarte of Wheat flour.

Take cleane the wheat and seeth it in fat broth, then take
it out as you did the Rice, and take a pound of new Cheese,
and halfe a pound of old Cheese grated and stamped together
with a Cowes odder or Swines Panch, sodden almost to
Suet and minced with a knife, with Spice, Sugar, and eggs,
according unto the quantity you will make, with a little Sal-
fron, mingle all this together, and then make an order crust
of paste and bake it, and when he is almost baked, cover him
with the like cover y^e you use for the Pompeons or Gourds.

To make a Tarte of meale.

Take stamped meale very white and cleane, and seeth it
in Goats milke or Cowes milke, and seeth it thick, then take
a little fine flour and the whites of two Eggs according to
the quantity you will make, and temper them with the meale
stirring it with a spoon, then let it bolle a little more, putting
in Sugar and stirring it, and when this composition is made
spread it upon a trencher or other thing, and let it cole, and
when you thinke good cut it in small or great peeces as you
will, then fry them in a pan with Butter, turning them untill
they bee browne, and then dish them, and put Sugar and
Rosewater upon them. The like you may do in Lent by put-
ting Almonds milke in stead of other milke, and frye them in
oyle.

To make a Tarte of Veale, Kid,
or Capon.

Take which of these meates you will both leane and fat,
and boyle them, taking out all the sinewes, then mince it and
stampe it in a mortar, then take a little new and old Cheese,
parsely, and Marjorum, chopping them small, and twelve
or fifteen Eggs, with a Cowes odder well sodden, or a Hogs
panch

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punch well stamped, with Pepper, Saffron, Cinamon and Ginger, and bake it like other Tartes.

To make a common Tarte.

Take good Cheese, Eggs, Butter, Currans, Ginger, Cinamon and Pepper, with a little grated bread, with fat broth, coloured with Saffron, then use it as other Tartes.

To make Tartes or Pies with broth.

Take a thicke crust of what dignesse you will, then take Pullets and Pigeons parboyled, cut them in quarters, and ech quarter into two or thre pices, then take blanched Almonds stamped, yolkes of Egges, Saffron, fat broth, and a little Herimire, and by that crust or paste like unto other Pies, and make the sides high, then fill it full of fowre and cover it with a lid, and let it bake till it bee stiffe, then cut open the lid and take out the fowre, and then fill the Pie with the broth and meat as before said, let it fast well of Ginger and Pepper, and bake it in an oven like other Pies.

To make Gealies of flesh or fish, and of divers colours in one platter.

If you will have white Gealy, take good white Wineget or old Heruice, and twice as much water, then take Shēpes feet or Kids feet skalen and made very cleane, especially about the houses, and cut them and take out the hairs in the middle, and wash them well in cold water, then boyle them in the mixture of Wineger and water, boyling them as softly as you can, and with it boyle Ginger cut into small pices, & whole graines of Paradiſe, and when the feet are indifferently boyled take them up, and let the broth seeth a little when they are out: then take the whites of ten Egges more or lesse according to the quantity you will make, observing the order in straining

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straining, clearing, and doing all other things else, which I will hereafter set downe in Gealy made of fleshy: and make ready the dishes with Capons, Pullets, or other things, upon which you will put this Gealie, and lay it finely on them, setting the dishes in a cold fresh place because it may thicken the better, then take out a good pece or a quarter of that gealie in the pot and set it on the fire in a pipkin untill it be well melted, and that you see it returne to the forme againe, then take a little Saffron and make it yellow: and when it is cold, take of the foresaid broth or some other thing made for the purpose, but let it not be whole when you put it in againe, this being well ordered and hardened, take out another pece, and make it red with Carnels as I said of Saffron, and so take out another pece to make green with wheate, or barley blades when they are young, and parselp well stamped and stramed, and use it as the other two colours. Also you may make a sanguine colour with Carriots roasted in the embers, and being roasted, make cleane the outside with a knife which is sanguine, and put in the bottoms of the bag or strainer, out of the which the compound or decoction is strained, and as often as you receive it out, you shall put it upon the white broth well beated, observing the like order in all the other colours as before said, and place it in order with the other colours, you may make more colours if you will in the same manner.

To make a Gealie of Creuisses which shall seeme alue.

Take Creuisses in their shells, and lay them to soke in Wineger, then take of the substance as before said, and put it to them.

To make another faire Gealie.

Take forty Shēpes feet, and flea them, and take out the bones and haire, then lay them to soke in fresh water for the space of thre or foure houtes, then wash them, and then take
it
some what

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Some what more then a quart of Vineger, as much White wine, and twice as much water, and seeth the sate therein, with salt to it as much as is convenient, and skim them well, and when they are halfe boyled, take a quarter of a pound of whole Pepper, as much long Pepper, and the like quantity of graines of Paradise, with a quarter of a pound of whole Cinamon, halfe a quarter of a pound of Spynard & Cloves, beat them all very grossely all together, but not too much, and boyle them with the sate, and let them boyle till they bee consumed to a third part, and when the sate are well boyled, take them out and let the bzoth seeth on the fire, and putting into it the whites of tenne Egges beaten together till they turne to a froth, and stirre it in the bzoth with a spoon. and then letting it boyle one waume, straine it twice or thrice through a wollen cloth with all the composition: let it be well strapned, and let the mixture remaine in the cloth, and the oftener it is strained the better and clearer it is: then prepare your fleshy of Dullers, Capon, Kid, or Cale very well sodden, pulling off the skins that it may bee faire and white, and so drye it betwene two linnen clothes, then dilly it and lay the Gealie upon it, and set them in a cold place that it may harden and congeale.

To make Gealy of fish.

Take Water, Wine, and Vineger, and that it may continue long, take but a little water, and good stoze of Spice as aforesaid, the best fish for this purpose is Tench and Pike, and the greater the better. these fishes should be opened but not scraped, very fresh, and sodden in a little bzoth, onely as much as will cover them. because the bzoth may be the stronger, and when you thinke the fish is well sodden, take it out and lay it and then lay it aside, but seeth the skinn a little in the bzoth, and when it is well so straine it, obseruing the order aforesaid in Gealie of fleshy, as well in making it yellow as in all other things. And you may in like sort put any sea fish sodden and cut in quarters into this Gealie.

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To make Gealie in a litle basket.

Prepare the decoction in good order, then take a new basket and put the Capon, Bullet, or other fleshy into it, that you would put in Gealie as in a platter, you must likewise haue another vessell ready wherein you may put the basket, putting the foresaid decoction upon it, and set it in a cold place to congeale, and when it is well congealed take a whote knife, and raise the Gealie round about within the basket that it may easily come out, and make cleane the vessell with a cloth in euery place, and so you may carry this Gealy whether you will. Be like you may do in Kent, putting whole fish into it, which shall seme alike, and it will be very faire.

To make Fritters of Cheese, Egges, and Elder flowers.

Take new and a little old Cheese and stampe them well, putting to it a little fine flower, and White of Egges according to the quantity you will make, with a little Pike and good stoze of Sugar, stamp them all together, then take it out of the morter, and put Elder flowers as your discretion serueth, neither beaten nor stamped. This composition would not bee too soft nor liquid, that it may bee wrought with the hand in any forme you will, then frye them in good Oyle, butter, or Dyle, and send them whote to the Table.

To make Fritters of the white of Egges, and of flower and Cheese.

Obserue the order aforesaid, only not putting thereto milk nor Elder flowers.

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To make fritters of Creame and Curds.

Take the Curds and having cut them, straine out the water or whey, and that which remaineth in the Strainer mingle it with fine flower, white of Egges, Sugar and Rosewater, according to the quantity you will make, it would not be too much congealed, & make them great or little with a Spone as you thinke good, and frye them in suet or good Butter.

To make fritters of Sage and Bay-leaves.

Take a little fine flower and temper it with Egges, Sugar, Sinamon, Pepper, and a little Saffron to make it yellow, and take whole sage leaves and roule them in this composition one by one, and frye them in Butter or Suet. Do the like with Bayleaves, and in Lent frye them in oyle without Egges and Suet.

To make fritters of Apples.

Wash them and scath them, or roast them, and take out the coares and stampe them, putting to them a little fine flower and a little leaven and frye them in good Oyle, you may cut them also into small peeces, and take out the coare, and make the composition aforesaid in the last chapter of Sage & Bay-leaves.

To make fritters of Almonds, with the brawne or flesh of a Henne.

Take Almonds and stampe them with Rosewater and a little milke and straine them, then take the brawne or flesh of the breast of a Pullet, boyle it and stampe it apart from the Almonds, then take a little flower and whites of Egges according to the quantity you will make, and a little Sugar, mingle all this together, and make your fritters in what quantity

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quantity you will, and frye them in Suet or Butter, and let them not be overmuch baked.

To frye Cheese in a pan.

Take Cheese which is not too old nor too salt, and cut it into small square peeces or in what sort you will, & take a pan, in the bottome whereof put some Butter or Suet, and holding it over the fire, put the said peeces of Cheese into it, and when it is soft, turne it, and cast Sugar and Sinamon upon it and send it presently to the Table: it is to bee eaten whole after meate. You may devise it another way, that is, make toasts of bread, and when they are tosted lay them in the pan, and on every tost a pece of Cheese of the same greatnesse, but somewhat thinner, then cover the pan and heat it untill the Cheese curd, then cast Sugar, Sinamon and Ginger upon them.

To make Pancakes in Lent, and first of Elder floures.

Take Almonds and stampe them, or else Pine apple kernels, and straine them with Rosewater and Pease broth, then take a little leaven, floures of Elbers, and some flower, and temper them together, and this would bee made over night against morning, and so they will be the lighter: in the morning put good store of Sugar on them, and make them in in what soe me you will, and fry them in Oyle.

To make fritters of bitter hearbes.

Take fine flower and a little leaven, and temper it with the hearbes chopped smal, and Currans, and then frye them, this composition would not be too tender, fry the in Oyle, and cast Sugar and Honny on them.

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To make fritters of Rice.

Soeth the Rice well, and when it is sad drie it upon a Table, and if you will not haue it whole you may stamp it, then take Almonds and stampe and straine them, with a little of the same Rice broth, and let this Almond milke be very thick, then take a little fine flower and Sugar, and mingling it all together, frie them in good Oyle in what fashion you will.

To make fritters of Figges.

Take a few Almonds and pine kernels, as many as you will and stampe them, let them bee very white, adding thereunto two drie Figges and Currans with Spice, and if this stuffe be too thick put a little Rose water to it, then take Figs and make a hole in ech figge hard by the stalk, and fill them with this stuffe, then frie them in oyle and cast Sugar on the.

To make fritters of Fish.

Soeth the fish and stampe the whitest part thereof, then take Almonds well stamped and strained, and a little fine flour with Sugar and Cinamon, and temper all this with a little common water, then frie it in oyle in what forme you will.

To make fritters like fishes.

Blanch thy Almonds and take meat of fish without bones and stampe them together with Currans, Sugar, Parsely and Pargerum chopped small with good Spice and Saffron, then haue in a readinesse a fine paste, and making it in what forme you wil you may fill them with this composition, then frie them in oile: they make likewise be baked dry in a frying pan, and when they are baked, they will shew like fishes.

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To make them another way.

Stampe Almonds and temper them with Rose water and Sugar, then take flower tempered with common water and good stoe of Sugar, this being made in past, make what forme of fish you will deuise: also you may bake them dry in a pan like a Tarte.

To make fritters in another sort.

You shall make a composition like the aforesaid Almonds, flower, and Sugar, and thereof make thy fritters.

To make another sort.

Take Almonds blanched, Pine kernels, or Nuts, or any of them, stampe them wel with Currans or Figges, putting to them the meat or liuers of fishes, with Parsely, Pargerum, and good Spices, and make it yellow with Saffron, then forme them and frie them with oyle.

To make fritters of Rice like little Pies.

Soeth the Rice and stamp your Almonds and strain them as thicke as you can, with a little Rose water, and mire the Rice well with the Almonds, and with Sugar, Cinamon, and a little flower, and make it in forme of Pies and fry them in oyle.

To make fritters full of wind, or puff fritters.

Take fine flower, water, Salt, and Sugar, and make a fine soft past and roule it on a Table very thinne, and cut it into small peeces and frie it in oyle, and take heed they be not knotty, and they will puffe vp and seeme to bee full, and yet
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There is nothing in them, and cast Honey vpon them.

To make them in another manner.

Make your paffe like that I spake of befoze, to make fritters of curds and Creame, then take Fennell when it is blowne, and if you will, mire it and all the Ruffe together: or bzeake euery branch by it selfe one by one, and roule them in the said Ruffe, and frie them in oyle.

To frie Pistinachie Nuts.

Wash them very cleane and take out the hard matter with, in them, then seeth them, and when they are sod roule them in flower, and frie them in oyle.

To dresse Egges all manner of waies, and first to make a Pancake.

First you shall beat the Eggs together with a little milke and water to make them tender, and a little grated Chesse, and then frie them in good Butter that they may bee the softer, & to make them good, they would not be turned nor much baked, and so send it to the Table.

To make a greene Pancake.

Take the things aforesaid, and adde thereto the iuice of Bettonie, Parsely, good stoe of burrage, Mint, Marigold, Sage a little, and straine this iuice through a cloth, and so make the Pancake.

To make another Pancake of hearbes.

Take the aforesaid hearbes, and cutting them small, frie them in Butter or Oyle, mingling them with Eggs and other

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other things aforesaid, then make the Pancake and frie it well, and let it be thicke but not overbaked.

To dresse Egges another way.

Put oyle in the pan, and bzeake new laid Egges in it, and frie them softly, and as they frie stirre them, and when they congeale and waie thicke and white, they are fried, but frie them not too drie.

To poche Egges.

Let the water be whote, and bzeake new laid Egges in it, and when they are thicke, take them out because they may be tender, then put Sugar, Rose water, and a little iuice of Oranges or Aleruice on them, or if you will, throw grated Chesse and spice vpon them.

To poche them in milke or wine.

Doe as aforesaid, onely that you shall straw no Chesse on them.

To dresse and fill Egges.

Seeth new Eggs in water untill they be hard, then paele them and cut them in the middle, and take out the yolks, and doe not bzeake the white, and stamp some part of those yolks with a few Currans, Parsely, Marigold and Mint, chopped very small, with two or three whites of Eggs, with what spice you thinke good. And when they are mired together colour it with Saffron, and fill the Egges therewith, and frie them in oyle: and for sauce take a selue of those yolks which remaine unstamped with a few Currans, and stamp them well together, and temper them with a little Aleruice, and straine them, putting thereto Sugar, Cloues, and good stoe of Sinamon, let this sauce boyle a little, and when you will send the Egges to the Table, put this sauce vpon them.

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To roste Egges vpon a gredyron.

Beat two or three new laid Egges together, and beat an empty frying pan very well, and put these beaten Egges in to it, and let them spread about the frying pan as thinne as paper, and when they are baked, cut them in foure pices and lay them on the gredyron, and bzeake ouer them as many new Egges as will lie vpon them, and make a soft fire both vnder and ouer them like a Tart, and straw them with Sugar and Sinamon, and when the Egges are thick, take them of the gredyron in that maner, and send them to the Table,

To roste Egges on a spit.

Beat your spit very whote, and tie the Egges longwaies or other wise vpon it, and roste them like meat, and when they are roasted take out the meat and send them to the Table.

To frie Egges.

Put good Butter in the Pan and beat it a little, then take the yolkes of Egges and frie them, with Sugar and Sinamon, and make a moderate fire as to a Tarte, then put the iuice of Oranges or Rose water vpon them.

To roste them in whote embers.

Put them into the whote embers, turning them oft on euery side, and when they sweat they are roasted.

To seeth Egges with the shell.

Put them in cold water, and make it boyle a Water noster while, and then take them out.

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To dresse them after the manner of Florence.

Take new laid Egges, and bzeake them one by one in a pan, and let the oyle be very whote, and as some as you haue put them into the oyle, stirre them together with a spone or some other thing, and make them as round as may bee, and turne them oft untill they change colour, and yet let them not be hard within, nor overbaked, but rather soft & tender.

Another kind of dresing them.

Take whole Egges and lay them into the embers, then strike them with a small sticke untill they bzeake, and so let them roste, and when they are roasted, take them out and cast a little Vineger and Parsely vpon them.

Another way.

Dresse them in the Florentine manner as aforesaid, then straw Sugar, Spice, and Salt on them, and so put them into paste as you would doe Turneps, and fry them or seeth them, you may dresse them also in pie paste with the foresaid sticke, adding a little Vertuice, baking them like Tartes, or frying them, but let them not bee overbaked, because they will bee the harder, and so much the worse.

To prepare Hogges greafe.

Take fresh larde or fat of a Hog, and cut it like to Chestnuts and salt it well, then stampe it well and let it stand for the space of a day, then set it on the fire, and if it bee an hundred pounds, put in it tenne or twelue quartes of water to it, and let it seeth untill it be congealed, then skim it and straine it, and put it into a vessell in a fresh and cold place, and by this order it will continue a whole yeare or more.

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To make wine of water.

Take the grapes of a wild vine and drye them in the son, then beat them into powder, and put them into water and it will haue the tast and colour of wine, & if the grape be white it will haue the same colour, if red the like.

To make sweet white Wine.

Take good sweet Apples according to the quantittie of the Celline and stampe them well, and put halfe as much Honny as Apples, and mingle them together, then put it into the wine in the vessell and mingle it well: and this is done best with new wine that boyleth in the Gate, or else boyle these things in some vessell with some new wine, then put it to the other, and stirre them together.

To make meat for Nightingales.

Take a dramme of Almonds, two drams of Bease flour, a dramme of fresh Butter, two drammes of Honny, a little Saffron and two yolkes of Egges, mixe them together, and set them to the fire in a pipkin, & giue it to the Nightingales.

To make a composition of Pompeons or Mellons.

The Pompeons or Mellons should bee scoured and made cleane in Vineger and not in water, and so stand a moreth or more in Vineger, and if need be the vineger may be changed, and then put them in Honny like unto a Gourd, and they are made.

To make a Composition of Figs, very cordiall.

First prepare your Figs ready in a cleane vessell, which
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are to bee conserued, then boyle the Honny and skim it well, and being whote put it on the Figges, and let them stand in it till it bee cold, this you shall doe foure or five times, the last time take new Honny and boyle it well, and put to it Ciniger, Sinamon and Cloues, then put the Figges in the pot wherein they shall remaine, being conserued, these Spices must bee beaten finall, and set the Figges in a vessell in the sunne, and now and then put Honny mixed with the Spices aforesaid, and so the Figges will be conserued.

To make strong Vineger and quickly.

Take a pound of Bellitoy well stamped and put it in four pottles of wine, then take the foresaid Bellitoy, and boyle it in foure or five quarts of strong Vineger, and so boyling put it into the caskie, and in twelue daies it will be good.

F I N I S.

